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**SALE OF DUPLICATES**





**THE  
NEW ENGLAND  
COOK BOOK**



THE  
NEW ENGLAND  
COOK BOOK

BY  
HELEN S. WRIGHT



NEW YORK  
DUFFIELD & COMPANY

1912

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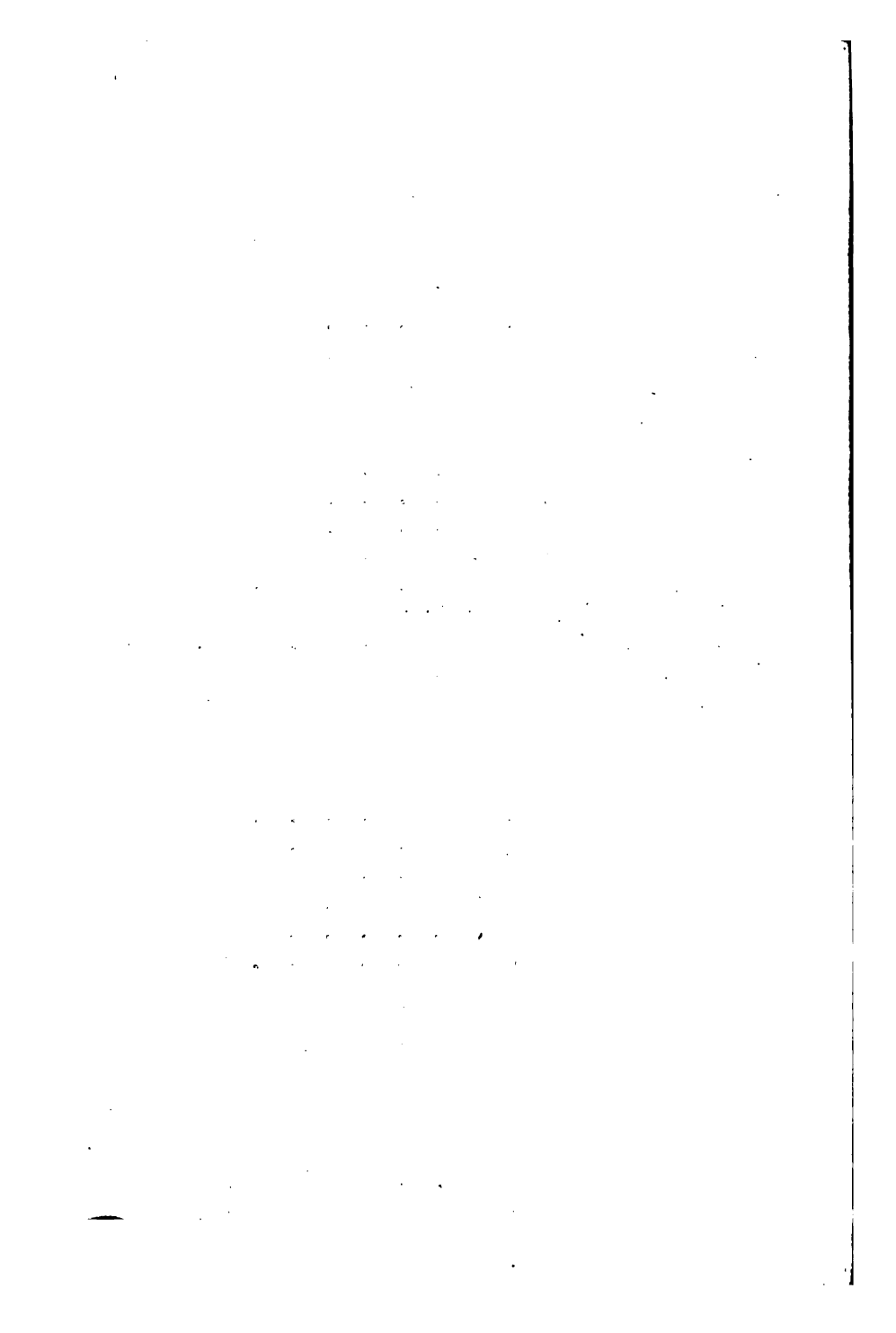
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## Introduction

Kindly lend a hand and help me pull from under those dusty eaves that old haircloth trunk. How the key grates in the rusty padlock; lift the lid gently lest the creaking hinges snap. What is that pungent sweetness that greets you? The aroma of her spice bag; and the withered stalks and shriveled leaves that lie scattered so profusely; sweet lavender and thyme.

Here under this yellow bit of homespun linen is her pelerine, and this her callashe, and these her lace mitts and pattens.

Lift carefully and reverently, for underneath is her wedding-gown of softest muslin, short-waisted, with tiny puffs for sleeves, a broad satin fold about the hem — and this rare lace, her veil. Here is her jewel-box, and in it the brooch she wore, and these, her corals. What are those, you ask. *His* knee-buckles and the jeweled buttons of his coat.

Let us look again into the trunk; here is his ruffled shirt, and there his satin small clothes and brocaded vest, and this bit of black, the ribbon that tied his powdered hair.

You have found some old books and papers. An old commission dated 1758, with Pownall's signature and the seal of George II.

Here is a *Salem Gazette*, 17—, but the date has been obliterated.

And there is a book of recipes, written in her fine small hand, and this well-worn book, her "House-wife's Manual"; against the margin are comments of her own:—"John liked this"; "This is very good, I made some last autumn and found it excellent."

"Last autumn!" The past autumn of a hundred years, but she assures us the recipe is excellent, and I take her word. Yes, you agree, the old recipes were good. Did I hear you say your grandmother made the best preserves you ever tasted from the recipes *her* grandmother had taught her? Do you remember that jam we used to have on thick slices of delicious bread? And those big green pickled limes that we used to steal and carry to school in coarse brown paper, and surreptitiously suck behind our desks? Did you not love the barley sugar and the march-pane that grandmother would smuggle into us?

You who prize an old brass kettle, a pewter mug, a compote dish of rare old china, because tradition clusters round it, because some ancestor has used it, may enjoy these old-fashioned sweets and dainties. Here they are, these old-time recipes, and each year the luscious fruits and fragrant flowers of which

many are composed, bloom as temptingly and cheerfully as they did centuries ago. Perhaps *you* can make something your John will like, or mayhap you will be content to write upon the margin of your volume, "**By their fruits ye shall judge them.**"



# THE NEW ENGLAND COOK BOOK

## Soups

### ASPARAGUS SOUP

This is made with the points of asparagus, in the same manner as the green peas soup is with peas. Let half the asparagus be rubbed through a sieve, and the other cut in pieces about an inch long, and boiled till done enough, and sent up in the soup. To make 2 quarts, there must be 1 pint of heads to thicken it, and  $\frac{1}{2}$  pint cut in; take care to preserve these green and a little crisp. This soup is sometimes made by adding the asparagus heads to common peas soup.

### BROWN GRAVY SOUP

Take 8 pounds of a leg or shin of beef, cut off the meat in bits, rub the bottom of the pot with

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butter, put in the meat, let it brown, turning it constantly, break the bone and take out the marrow, which may be kept for a pudding, but it is considered better than butter to brown the meat with; put to it 8 quarts of cold water, and the bones; when it boils, skim it perfectly clean, and add 3 good-sized red onions, one carrot cut in three,  $\frac{1}{2}$  head of celery, a small handful of whole black and Jamaica pepper mixed; let this boil very gently ten or twelve hours, closely covered; strain it through a colander, and then through a hair sieve, into a large pan, to be kept for use. Return the meat and bones into the pot with 2 quarts of hot water; let it boil one and a half hours, and strain it off. This makes good stock for gravies, stews, or any made dishes.

When it is to be boiled to send to table, first boil vermicelli, or macaroni, in a little salt and water, till tender; strain it, and add it to the soup just before serving. This soup is quite pure, and requires no clearing. It is a most convenient thing to have in a house in cold weather, as it is always ready for use; and, served with dry toast to eat with it, makes an acceptable luncheon.

The trimmings of meat, giblets, and bones, may be boiled with the beef for this soup.

## CALF'S HEAD, OR MOCK TURTLE SOUP

Parboil a calf's head, take off the skin and cut it in bits about an inch and a half square, cut the fleshy parts in bits, take out the black part of the eyes, and cut the rest in rings, skin the tongue, and cut it in slices, add it all to 3 quarts of good stock, and season it with cayenne, 2 or 3 blades of mace, salt, the peel of  $\frac{1}{2}$  lemon, and  $\frac{1}{2}$  pint of white wine, with about a dozen of force-meat balls; stew all this an hour and a half; rub down with a little cold water, 2 tablespoonfuls of flour, mix well amongst it  $\frac{1}{2}$  pint of the soup, and then stir it into the pot; put in the juice of  $\frac{1}{2}$  lemon, and the hard-boiled yolks of 8 eggs; let it simmer for ten minutes, and then put it all in the tureen.

## CARROT SOUP

Scrape and wash  $\frac{1}{2}$  dozen large carrots; peel off the red outside (which is the only part used for this soup), put it into a gallon stewpan, with 1 head of celery, and an onion, cut into thin pieces; take 2 quarts of beef, veal, or mutton broth, or if you have any cold roast beef bones (or liquor, in which mutton or beef has been boiled), you may make very good broth for this soup. When you have put the

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broth to the roots, cover the stewpan close, and set it on a slow stove for  $2\frac{1}{2}$  hours, when the carrots will be soft enough (some cooks put in teacupful of bread crumbs); boil for 2 or 3 minutes; rub it through a tamis, or hair sieve, with a wooden spoon, and add as much broth as will make it a proper thickness, i.e., almost as thick as peas soup: put it into a clean stewpan; make it hot; season it with a little salt, and send it up with some toasted bread, cut into pieces  $\frac{1}{2}$  inch square. Some put it into the soup; but the best way is to send it up on a plate, as a side dish.

### CELERY SOUP

Split  $\frac{1}{2}$  dozen heads of celery into slips about 2 inches long; wash them well; lay them on a hair sieve to drain, and put them into 3 quarts of clear gravy soup in a gallon soup-pot; set it by the side of the fire to stew very gently till the celery is tender (this will take about 1 hour). If any scum rises, take it off; season with a little salt.

Obs.—When celery cannot be procured,  $\frac{1}{2}$  drachm of the seed, pounded fine, which may be considered as the essence of celery, put in  $\frac{1}{4}$  hour before the soup is done, and a little sugar, will give as much flavor to  $\frac{1}{2}$  gallon of soup as 2 heads of celery weighing 7 ounces, or add a little essence of celery.



## CORN SOUP

Cut the corn off the cob, and boil the cobs  $\frac{1}{2}$  hour in the water; then take them out, put in the corn and boil it 20 minutes or  $\frac{1}{2}$  hour. If there is 1 quart of the corn and water, add 1 pint of new milk, with salt, pepper, and 1 or 2 beaten eggs. Continue the boiling a few minutes, and thicken it with a little flour.

## GREEN PEA SOUP

A peck of peas will make you a good tureen of soup. In shelling them, put the older ones in 1 basin, and the young ones in another, and keep out a pint of them, and boil them separately to put into your soup when it is finished: put a large saucepan on the fire half full of water; when it boils, put the peas in, with a handful of salt; let them boil till they are done enough, i.e., from 20 to 30 minutes, according to their age and size; then drain them in a colander, and put them into a clean gallon stewpan, and 3 quarts of plain veal or mutton broth (drawn from meat without any spices or herbs, etc., which would overpower the flavor of the soup); cover the stewpan close, and set it over a slow fire to stew gently for an hour; add a teacupful of bread crumbs, and then rub it through a tamis into another stewpan; stir

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it with a wooden spoon, and if it is too thick, add a little more broth; have ready boiled as for eating, a pint of young peas, and put them into the soup; season with a little salt and sugar.

Some cooks, while this soup is going on, slice a couple of cucumbers (as you would for eating); take out the seeds; lay them on a cloth to drain, and then flour them, and fry them a light brown in a little butter; put them into the soup the last thing before it goes to table.

If the soup is not green enough, pound a handful of pea-hulls or spinach, and squeeze the juice through a cloth into the soup; some leaves of mint may be added, if approved.

### OYSTER SOUP

3 pints of large fresh oysters,  
2 tablespoonfuls of butter, rolled in flour,  
A bunch of sweet herbs,  
A saucer full of chopped celery,  
1 quart of rich milk,  
Pepper to your taste.

Take the liquor of 3 pints of oysters. Strain it, and set it on the fire. Put into it, pepper to your taste, 2 tablespoonfuls of butter rolled in flour, and a bunch of sweet marjoram and other pot-herbs, with a saucer full of chopped celery. When it boils, add

a quart of rich milk — and as soon as it boils again, take out the herbs, and put in the oysters just before you send it to table. Boiling them in the soup will shrivel them and destroy their taste. Leave in the celery. Toast several slices of bread. Cut them into small squares, and put them into the soup before it goes to table.

## OX-HEAD SOUP

Should be prepared the day before it is to be eaten, as you cannot cut the meat off the head into neat mouthfuls unless it is cold; therefore, the day before you want this soup, put  $\frac{1}{2}$  ox-cheek into a tub of cold water to soak for a couple of hours; then break the bones that have not been broken at the butcher's, and wash it very well in warm water; put it into a pot, and cover it with cold water; when it boils, skim it very clean, and then put in 1 head of celery, a couple of carrots, a turnip, 2 large onions, 2 dozen berries of black pepper, same of allspice, and a bundle of sweet herbs, such as marjoram, lemon, thyme, savory, and a handful of parsley; cover the soup-pot close, and set it on a slow fire; take off the scum, which will rise when it is coming to a boil, and set it by the fireside to stew very gently for about 3 hours; take out the head, lay it on a dish, pour the soup through a fine sieve into a stoneware pan, and

set it and the head by in a cool place till the next day; then cut the meat into neat mouthfuls, skim and strain off the broth, put 2 quarts of it and the meat into a clean stewpan, let it simmer very gently for  $\frac{1}{2}$  hour longer, and it is ready. If you wish it thickened, put 2 ounces of butter into a stewpan; when it is melted, throw in as much flour as will dry it up; when they are all well mixed together, and browned by degrees, pour to this your soup, and stir it well together; let it simmer for  $\frac{1}{2}$  hour longer; strain it through a hair sieve into a clean stewpan, and put it to the meat of the head; let it stew  $\frac{1}{2}$  hour longer, and season it with cayenne pepper, salt, and a glass of good wine, or a tablespoonful of brandy. If you serve it as soup for a dozen people, thicken 1 tureen, and send up the meat in that; and send up the other as a clear gravy soup, with some of the carrots and turnips shredded, or cut into shapes.

## OX-TAIL SOUP

Three tails will make a tureen of soup (desire the butcher to divide them at the joints); lay them to soak in warm water, while you get ready the vegetables.

Put into a gallon stewpan 8 cloves, 2 or 3 onions,  $\frac{1}{2}$  drachm of allspice, and the same of black pepper, and the tails; cover them with cold water; skim it

carefully, as long as you see any scum rise; then cover the pot as close as possible, and set it on the side of the fire to keep gently simmering till the meat becomes tender and will leave the bones easily, because it is to be eaten with a spoon, without the assistance of a knife or fork; this will require about 2 hours. Mind it is not done too much. When perfectly tender, take out the meat and cut it off the bones, in neat mouthfuls; skim the broth, and strain it through a sieve; if you prefer a thickened soup, put flour and butter, as directed in the preceding receipt; or put 2 tablespoonfuls of the fat you have taken off the broth into a clean stewpan, with as much flour as will make it into a paste; set this over the fire, and stir them well together; then pour in the broth by degrees, stirring it, and mixing it with the thickening; let it simmer for another  $\frac{1}{2}$  hour, and when you have well skimmed it, and it is quite smooth, then strain it through a tamis into a clean stewpan, put in the meat, with a tablespoonful of mushroom catsup, a glass of wine, and season it with salt.

Obs.—If the meat is cut off the bones, you must have 3 tails for a tureen, some put an ox-cheek or tails in an earthen pan, with all the ingredients as above, and send them to a slow oven for 5 or 6 hours.

## OLD PEAS SOUP

Put  $1\frac{1}{2}$  pounds of split peas on in 4 quarts of water, with roast beef or mutton bones, and a ham bone, 2 heads of celery, and 4 onions, let them boil till the peas be sufficiently soft to pulp through a sieve, strain it, put it into the pot with pepper and salt, and boil it nearly an hour. Two or 3 handfuls of spinach, well washed and cut a little, added when the soup is strained, is a great improvement; and in the summer young green peas in place of spinach. A teaspoonful of celery seed, or essence of celery, if celery is not to be had.

## PIGEON SOUP

Have a strong beef stock, highly seasoned, and if for rich soup, take 6 or 8 pigeons according to their size, wash them clean, cut the necks, pinions, livers and gizzards, and put them into the stock; quarter the pigeons and brown them nicely; after having strained the stock, put in the pigeons; let them boil till nearly ready, which will be in about  $\frac{1}{2}$  hour, then thicken it with a little flour, rubbed down in a teacupful of the soup, season it with a grated nutmeg, 1 tablespoonful of lemon juice or of vinegar, and 1 of mushroom catsup; let it boil a few minutes after all these ingredients are put in, and serve it with the pigeons in the tureen; a better thickening than flour

is to boil quite tender 2 of the pigeons, take off all the meat and pound it in a mortar, rub it through a sieve, and put it, with the cut pigeons, into the strained soup. To make partridge soup, partridges may be substituted for pigeons, when only 4 birds will be required; pound the breast of one.

## VEAL STOCK

Cut a leg of veal and some lean ham into pieces; put them into a saucepan, with a quart of water, some carrots, turnips, onions, leeks, and celery; stew them down till nearly done, but do not let it color; then add a sufficient quantity of beef stock to cover the ingredients, and let it boil for an hour; skim off all the fat, and strain it; a little game stewed down with the above will greatly improve the flavor; be particularly careful that it does not burn.

## VENISON SOUP

Boil down in 5 quarts of water 2 pounds of a shank of veal, or fowl, and 5 pounds of the breast of venison cut small; 2 or 3 onions chopped, some whole white pepper and salt, with  $\frac{1}{4}$  pound of lean ham. Let it stew till it be completely boiled down, when all the strength will be extracted; rub it through a sieve, thicken it with a little butter, kneaded in flour, and add 1 pint of Madeira, and boil it for  $\frac{1}{4}$  hour or 20 minutes.

## Eggs

### EGGS AND BACON RAGOUT

Boil  $\frac{1}{2}$  dozen eggs for 10 minutes; throw them into cold water; peel them and cut them into halves; pound the yolks, with about an equal quantity of the white meat of dressed fowl, or veal, a little chopped parsley, an anchovy, an eschalot,  $\frac{1}{4}$  ounce of butter, 1 tablespoonful of mushroom catsup, a little cayenne, some bread crumbs, and a very little beaten mace, or allspice; incorporate them well together, and fill the halves of the whites with this mixture; do them over with the yolk of an egg, brown them in the oven, and serve them on relishing rashers of bacon or ham.

### EGGS BOILED, TO EAT IN THE SHELL, OR FOR SALADS

The fresher laid the better. Put them into boiling water; if you like the white just set, about 2 minutes' boiling is enough; a new-laid egg will take



a little more; if you wish the yolk to be set, it will take 3, and to boil it hard for a salad, 10 minutes. A new-laid egg will require boiling longer than a stale one, by  $\frac{1}{2}$  minute.

## EGGS BOURGEOISE

Spread some butter over the bottom of a dish, cover it entirely with thin slices of crumb of bread, on that lay thin slices of cheese, then 8 or 10 eggs; season them with salt, pepper and nutmeg; set the dish over a stove to cook gently till done.

## EGGS BUTTERED

Beat and strain 10 or 12 eggs; put a piece of butter into a saucepan and keep turning it one way till melted; put in the beaten eggs, and stir them round with a silver spoon till they become quite thick. Serve them in a dish upon buttered toast. They may be eaten with fish, fowl, or sausages.

## EGGS AND CREAM

Boil  $\frac{1}{2}$  pint of cream till reduced to half the quantity; then add 8 eggs, season them with salt and pepper, boil them together, till the eggs are partly hard; pass a salamander over the top, and serve.

## EGGS EN SURPRISE

Take 1 dozen eggs, and make a small hole at each end of every egg, through which pass a straw and break the yolk; then blow out the yolk carefully. Wash the shells, and having drained, dry them in the open air; mix the yolk of an egg with a little flour to close one of the holes of the shells, and when dry, fill  $\frac{1}{2}$  the number by means of a small funnel, with chocolate cream, and the remaining 6 with coffee or orange-cream; close the other end of your eggs, and put them into a saucepan of hot water; set them on the fire, taking care they do not boil; when done, remove the cement from the ends; dry, and serve them on a folded napkin.

## EGGS FRIED

Eggs boiled hard, cut into slices, and fried, may be served as a second course dish, to eat with roasted chicken.

## EGGS FRIED AND MINCED HAM OR BACON

Choose some fine salt pork, streaked with a good deal of lean; cut this into very thin slices, and afterward into small square pieces; throw them into a

stewpan, and set it over a gentle fire, that they may lose some of their fat. When as much as will freely come is thus melted from them, lay them on a warm dish. Put into a stewpan a ladleful of melted bacon or lard; set it on a stove; put in about a dozen of the small pieces of bacon, then stoop the stewpan and break in an egg. Manage this carefully and the egg will presently be done. It will be very round, and the little dice of bacon will stick to it all over, so that it will make a very pretty appearance. Take care the yolks do not harden; when the egg is thus done, lay it carefully in a warm dish, and do the others.

## EGG FRITTERS

Pound 1 dozen hard-boiled eggs with a little cream, and  $\frac{1}{4}$  pound of beef marrow; then pound  $\frac{1}{2}$  dozen macaroons, some bitter almonds, a little sugar, and lemon-peel; mix these with the pounded eggs, and form them into fritters; dip them into a batter made with flour, butter, salt, and lemon-peel; fry them in very hot lard, sprinkle sugar over, and serve.

## EGG FRIZZLE

Pour boiling water on to salt smoked beef slivered. Pour off the water and then frizzle it in the frying-pan with butter. When done, break in two or three eggs, and stir it till the egg is hardened.

## EGGS FROTHED

Beat up the yolks of 8 eggs and the whites of 4 (set aside the remaining whites) with a spoonful of water, some salt, sugar, and the juice of a lemon; fry this, and then put it on a dish; whip the four whites (which were set aside) to a froth with sugar, and place it over the fried eggs; bake it in an oven, or with a high cover fitted for the purpose.

## HAM AND EGGS

Cut some ham into thin slices, and broil them on a gridiron. Fry some eggs in butter. Serve it, laying an egg on each slice of ham.

## OMELET

(1)

Five or 6 eggs will make a good-sized omelet; break them into a basin, and beat them well with a fork; and add a saltspoonful of salt; have ready chopped 2 drachms of onion, or 3 drachms of parsley, a good clove of eschalot minced very fine; beat it well up with the eggs; then take 4 ounces of fresh butter, and break  $\frac{1}{2}$  of it into large bits, and put it into the omelet, and the other  $\frac{1}{2}$  into a very clean frying-pan; when it is melted, pour in the omelet,

and stir it with a spoon till it begins to set, then turn it up all round the edges, and when it is of a nice brown it is done. The safest way to take it out is to put a plate on the omelet, and turn the pan upside-down. Serve it on a hot dish; it should never be done till just wanted. If *maigre*, add grated cheese, shrimps, or oysters. If oysters, boil them 4 minutes, and take away the beard and gristly part; they may either be put in whole or cut in bits.

## OM E L E T

(2)

Beard and parboil 12 or 16 oysters, seasoning them with a few peppercorns, strain and chop them; beat well 6 eggs; parboil and mince a little parsley; mix all together, and season with a little nutmeg, salt, and a tablespoonful of mushroom catsup; fry it lightly in 3 ounces of butter, and hold it for 1 or 2 minutes before the fire.

## OM E L E T

(3)

Beat well and strain 6 eggs; add them to 3 ounces of butter made hot; mix in some grated ham, pepper, salt, and nutmeg, some chopped chives and parsley. Fry it to a light brown color.

## OMELET

(4)

Take as many eggs as you think proper (according to the size of your omelet), break them into a basin with some salt and chopped parsley; then beat them well, and season them according to taste; then have ready some onion chopped small; put some butter into a frying-pan, and when it is hot (but not to burn) put in your chopped onion, giving them 2 or 3 turns; then add your eggs to it, and fry the whole to a nice brown. You must only fry one side. When done, turn it into a dish, the fried side uppermost, and serve.

## OMELET WITH KIDNEY OF VEAL

To 8 well-beaten eggs, add a little salt, and part of a cold roasted kidney of veal, finely minced; season with pepper, and a little more salt; melt in a frying-pan  $1\frac{1}{2}$  ounce of butter, and pour in the omelet; fry it gently, and keep the middle part moist; when done, roll it equally upon a knife, and serve it very hot.

## OMELET AU NATUREL

Break 8 or 10 eggs into a pan, add pepper, salt, and a spoonful of cold water, beat them up with a

whisk; in the meantime put some fresh butter into a frying-pan, when it is quite melted and nearly boiling, put in the eggs, etc., with a skimmer; as it is frying, take up the edges, that they may be properly done; when cooked, double it; serve very hot.

## TO KEEP EGGS

To 4 quarts of air-slaked lime, put 2 ounces of cream of tartar (that is, 2 tablespoonfuls), 2 of salt, and 4 quarts of cold water. Put fresh eggs into a stone jar, and pour the mixture over them. This will keep 9 dozen, provided they are all good when laid down; and after many months the yolks will be still whole, and the whites stiff and clear as at first. The water may settle away so as to leave the upper layer uncovered. If so, add more. Cover them closely and keep them in a cool place.

Eggs should be laid down when they are at the lowest market price.

## Fish and Shellfish

### FISH CONSOMMÉ

Take carp, perch, eels, pike, and other fresh-water fish of the same kind; clean them well and cut them into pieces, as near of a size as may be; lay them in a stewpan, on a layer of sliced onions and carrots; as soon as they begin to sweat, put in a bit of butter, and leave them for  $\frac{1}{4}$  an hour; moisten them with fish broth, and let them boil gently for 1 hour; keep the pan closely covered. This will afford a very nourishing broth.

### CLAM PURÉE

2 dozen clams,  
1 tablespoonful of butter,  
 $1\frac{1}{2}$  pints of cream,  
 $\frac{1}{2}$  cup of cold water,  
2 tablespoonfuls of flour,  
 $\frac{1}{4}$  cupful of bread crumbs,  
Season to taste.

Drain clams with the water and save all the liquor. Heat the liquor and when boiling skim thoroughly.



Add finely chopped clams and let boil again and skim.

Rub the butter and flour together, stir until smooth and add to the broth with the bread crumbs, stir and cook until it thickens; add the cream which has been previously scalded; season and serve at once.

## NEW ENGLAND CLAM CHOWDER

Chop 24 large, hard-shelled clams and let stand on ice, in their own liquor. Fry  $\frac{1}{4}$  pound of fine cut larding pork until crisp, add 2 quarts of boiling water, 1 cup each of diced carrot, and finely chopped onion and white stalks of celery; boil until the carrots are tender; add 4 cups of peeled potatoes cut in small pieces,  $\frac{1}{2}$  tablespoonful of salt,  $\frac{1}{2}$  teaspoonful pepper, let boil ten minutes, add 1 pint of canned tomatoes, 1 teaspoonful of thyme, cook 20 minutes, then add the clams with their liquor, thicken with 1 tablespoonful of flour rubbed into 1 tablespoonful of butter, cook 10 minutes, and serve.

## CODFISH BALLS

Mix with 1 cup of hot mashed potatoes (unseasoned)  $\frac{1}{2}$  cup of shredded codfish. Add to this 1 small egg and a speck of pepper, beating all till light and creamy. Shape roll in dried bread crumbs, dip

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in beaten egg, which has teaspoonful of milk added to it, then in crumbs again, and fry in deep hot fat till brown.

### CREAMED SALT COD

Melt 1 rounded tablespoonful of butter in a saucepan, add one tablespoonful of flour, a speck of pepper, and beat well; add gradually 1 cup of hot milk, beating each time. Add 2 tablespoonfuls of fish and pour over slices of toast or crisped crackers. A hard-boiled egg cut in slices may be added, if desired.

### COD PIE

Lay a fine piece of fresh cod in salt for several hours; then wash it well, season it with pepper, salt, nutmeg, and mace; place it in a dish, with a little butter and some good stock. Lay a crust over, and bake it; when done, pour in a sauce, made as follows: — 1 spoonful of stock,  $\frac{1}{4}$  pint of cream, flour and butter, grate in a little nutmeg and lemon-peel, and a few oysters; boil the whole once.

### A CODFISH RELISH

Take thin slivers of codfish, lay them on hot coals, and when a yellowish brown, set them on the table.

**A CODFISH RELISH**

(2)

Sliver the codfish fine, pour on boiling water, drain it off, and add butter, and a very little pepper, and heat them 3 or 4 minutes, but do not let them fry.

**SOFT SHELL CRABS**

Clean thoroughly and scrape out the fins that are under the shell, fry in equal parts lard and butter until slightly crisp. Serve with Sauce Tartare, or sliced lemon and garnish with cress.

**TO DEVIL CRABS**

Take 12 large crabs, boil, remove the meat from the shells and chop fine, add two tablespoonfuls of butter, a little dry mustard, a grating of nutmeg and salt and pepper to taste. Take an equal quantity of bread crumbs and mix thoroughly with the crab meat, moisten with  $\frac{1}{2}$  cup of rich cream, add a dash of cayenne. Fill the crab shells with the mixture, put a small piece of butter on the top and sprinkle with bread crumbs; brown in the oven and serve with Worcestershire sauce or sliced lemon; garnish with parsley.

## ESCALLOPED FISH

Remove the bones and skin from cold cooked fish. Make a cream sauce of 2 tablespoonfuls of flour, 1 of butter and 1 cup of milk; season with a few slices of onion, a little chopped parsley, pepper and salt. Rub the inside of a baking dish with butter; alternate layers of flaked fish, cream sauce and cracker crumbs, until the dish is filled; cover the last layer with crumbs. Bake in the oven 20 minutes.

## FISH RECHAUFFÉ

After pike, cod, skate, turbot, soles, or any other white fish has been dressed, pick it from the bones into small bits; add to a pound of fish, or in the same proportion,  $\frac{1}{2}$  pint of good cream, 1 tablespoonful of mustard, the same of anchovy essence, the same of catsup, a little flour, some salt, pepper, and butter. Make it all hot in the saucepan, then put it into the dish in which it is to be served up, strew crumbs of bread over it, and baste it with butter till it is a little moist; then brown it with a salamander, or in a Dutch oven. A wall of mashed potatoes round the dish is an improvement.

## FLOUNDERS BOILED

Put on a stewpan with a sufficient quantity of water to cover the flounders which are to be dressed; put in some vinegar and horseradish. When the water boils put in the fish, having been first well cleaned, and their fins cut off. They must not boil too fast, for fear they should break. When they are sufficiently done, lay them on a fish plate, the tails in the middle. Serve them with parsley and butter.

## FRIED EELS

Skin and clean the eels, wipe dry, cut into fillets, dip in beaten egg and roll in cracker crumbs, fry in hot lard, sprinkle with salt and pepper, and serve.

## HERRINGS TO BAKE

They must be perfectly fresh, and well cleaned, but not washed; the heads and fins cut off, and the bones cut out; strew over them pepper, salt, and a slice of onion minced very finely, to each; roll them up tight; pack them into a jar, and pour over in the proportion of a pint of vinegar to 2 of water, with  $\frac{1}{2}$  ounce of whole black pepper; tie over the jar a piece of bladder or paper, and bake them in an oven for 1 hour. Take off the cover when they are cold, and pour over a little cold vinegar, and tie them up.

## HERRINGS BOILED

Scale, and otherwise prepare the herrings in the usual way; dry them well, and rub them over with a little salt, and vinegar; skewer their tails in their mouths, lay them on a fish plate, and put them into boiling water; in 10 or 12 minutes take them out, drain them, lay them on the dish, the heads towards the middle; serve them with melted butter and parsley, and garnish with horseradish.

## HERRINGS TO FRY

Scrape off the scales; cut off the fins; draw out the gut, keeping in the roes and melts; wipe them in a clean cloth; dredge them with flour, and fry them in boiling dripping; put them before the fire to drain and keep hot.

Sauces:— Melted butter, and parsley and butter.

When herrings are to be broiled, they are prepared in the same manner, and done upon the gridiron. They must not be washed.

## HERRINGS, RED

Plain broil them, or pour over some beer made hot, and when it is cold, drain and wipe them dry; heat them thoroughly, and rub over a little butter, and sprinkle them with pepper.

## SALT HERRINGS

Heat them on a gridiron, remove the skin, and then set them on the table.

## LOBSTERS, OR CRABS, BUTTERED

Pick all the meat from the bodies of either, mince it small, put it into a saucepan with 2 or 3 table-spoonfuls of white wine, 1 of lemon-pickle, and 3 or 4 of rich gravy, a bit of butter, some salt, pepper, and grated nutmeg; thicken it with the yolks of 2 eggs beat up, and when quite hot, put it into the large shells; garnish them with an edging of bread toasted.

## LOBSTER À LA BRAISE

Pound the meat of a large lobster very fine with 2 ounces of butter, and season it with grated nutmeg, salt, and white pepper; add a little grated bread, beat up 2 eggs, reserve part to put over the meat, and with the rest make it up into the form of a lobster. Pound the spawn and red part, and spread it over it; bake it  $\frac{1}{4}$  hour, and just before serving, lay over it the tail and body shell, with the small claws put underneath to resemble a lobster.

## LOBSTER FRICASSÉE

Break the shells, and take out the meat carefully, cut it and the red part, or coral, into pieces, adding the spawn; thicken with flour and butter some white stock, with which the shells have been boiled; season it with white pepper, mace and salt, put in the lobster and heat it up. Just before serving, add a little lemon-juice, or lemon-pickle. The stock may be made with the shells, only boiled in a pint of water, with some white pepper, salt, and a little mace, thickened with cream, flour, and butter.

## LOBSTER NEWBURGH

Two cups of finely-cut lobster, sauté in 2 tablespoonfuls of hot butter; add the yolks of 3 eggs that have been well beaten into 1 cup of rich cream; season with 1 teaspoonful salt,  $\frac{1}{4}$  teaspoonful pepper, a pinch of red pepper, and a grating of nutmeg. When boiling add  $\frac{1}{2}$  cup of sherry and brandy mixed. Let come once more to a boil and serve immediately, in ramekins or on toast. This may be made in a chafing dish, if desired.

## LOBSTER PATTIES

(1)

Pick the meat and red berries out of a lobster, mince them finely, add grated bread, chopped pars-



ley, and butter; season with grated nutmeg, white pepper and salt; add a little white stock, cream, and a tablespoonful of white wine, with a few chopped oysters; heat it all together. Line the patty pans with puff paste; put into each a bit of crumb of bread, about 1 inch square, wet the edge of the paste, and cover it with another bit; with the paste-cutter mark it all round the rim, and pare off the paste round the edge of the patty-pan. When baked take off the top, and with a knife take out the bread and a little of the inside paste, and serve them in a napkin. Another way to prepare the paste.— Roll it out nearly  $\frac{1}{2}$  inch thick, and cut it into rounds with a tin cutter, and, with 1 or 2 sizes less, mark it in the middle about half through. When they are baked, carefully cut out the inner top of the paste, and scoop out the inside, so as to make room for the mince, which put in, and place on top.

## LOBSTER PATTIES

(2)

Prepare the patties as in the last receipt. Take a hen lobster already boiled; pick the meat from the tail and the claws, and chop it fine; put it into a stewpan, with a little of the inside spawn pounded in a mortar till quite smooth, 1 ounce of fresh butter,  $\frac{1}{2}$  gill of cream, and  $\frac{1}{2}$  gill of veal consommé,

cayenne pepper, and salt, 1 teaspoonful of essence of anchovy, the same of lemon-juice, and 1 table-spoonful of flour and water. Stew it 5 minutes.

## LOBSTER PIE

Boil the lobsters, and cut the meat of the tail into 4 bits; take out the meat from the claws and the bodies, pound it in a mortar, add the soft part of 1 lobster, and season with pepper, salt and nutmeg; add 3 tablespoonfuls of vinegar; melt  $\frac{1}{2}$  pound of butter, and mix it with the pounded meat and the crumb of a slice of grated bread. Put puff paste round the edge and side of the dish; put in the tail of the lobster, then a layer of oysters with their liquor, and next the pounded meat; cover it with a puff paste, and bake it till the paste is done. Before serving, pour in some rich gravy, made of a little weak stock in which the lobster shells have been boiled, with an onion, pepper, and salt, and which has been strained and thickened with a bit of butter rolled in flour.

## MACKEREL BAKED

Cut off their heads, open them, and take out the roes and clean them thoroughly; rub them on the inside with a little pepper and salt, put the roes in again, season them (with a mixture of powdered all-

spice, black pepper, and salt, well rubbed together), and lay them close in a baking-pan, cover them with equal quantities of cold vinegar and water, tie them down with strong white paper doubled, and bake them for 1 hour in a slow oven. They will keep for a fortnight.

## MACKEREL BOILED

This fish loses its life as soon as it leaves the sea, and the fresher it is the better. Wash and clean them thoroughly (the fishmongers seldom do this sufficiently), put them into cold water with a handful of salt in it; let them rather simmer than boil; a small mackerel will be done enough in about  $\frac{1}{4}$  hour. When the eyes start and the tail splits, they are done; do not let them stand in the water a moment after; they are so delicate that the heat of the water will break them.

## MACKEREL BROILED

Clean a fine large mackerel, wipe it on a dry cloth, and cut a long slit down the back; lay it on a clean gridiron, over a very clear, slow fire; when it is done on one side, turn it; be careful that it does not burn. Send it up with fennel sauce: mix well together a little finely-minced fennel and parsley, seasoned with a little pepper and salt, a bit of fresh butter,

and when the mackerel are ready for the table, put some of this into each dish.

## OYSTERS BAKED IN SHELLS

Select large oysters. Clean the shells with a brush. Dip the oysters into egg and then seasoned bread crumbs; place the oysters back in the shells, add a small lump of butter to each oyster and bake in quick oven 10 minutes; serve with sliced lemon.

## OYSTER BISQUE

Strain the liquor from a quart of oysters and put over the fire.

Beard and clean the oysters and chop fine. Add oysters to scalding liquor and season with 1 teaspoonful of salt and  $\frac{1}{4}$  teaspoonful of paprika.

In another saucepan, thicken 1 cup of milk with a tablespoonful of butter rubbed in 1 cup of flour and  $\frac{1}{2}$  cup of cracker crumbs. When the oysters boil add them slowly to the milk and serve at once.

## FRIED OYSTERS

For frying, choose the largest and finest oysters. Beat some yolks of eggs, and mix with them grated bread, and a small quantity of beaten nutmeg and

mace and a little salt. Having stirred this batter well, dip your oysters into it, and fry them in lard, till they are of a light brown color. Take care not to do them too much. Serve them up hot.

For grated bread, some substitute crackers pounded to a powder, and mixed with yolk of egg and spice.

## SCALLOPED OYSTERS

Grate a small loaf of stale bread. Butter a deep dish well, and cover the sides and bottom with bread crumbs. Put in half the oysters with a little mace and pepper. Cover them with crumbs and small bits of butter strewed over them. Then put in the remainder of the oysters. Season them. Cover them as before with crumbs and butter. If the oysters are fresh, pour in a little of the liquor. If they are salt, substitute a little water. Bake them a very short time. You may cook them in the small scalloped dishes made for the purpose.

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## SPICED OYSTERS

- 200 large fresh oysters,
- 4 tablespoonfuls of strong vinegar,
- 1 nutmeg, grated,
- 3 dozen of cloves, whole,
- 8 blades of mace, whole,

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2      teaspoonfuls of salt if the oysters are  
fresh,

2      teaspoonfuls of allspice,

As much cayenne pepper as will lie on the  
point of a knife.

Put the oysters, with their liquor, into a large earthen pitcher. Add to them the vinegar and all the other ingredients. Stir all well together. Set them in the stove, or over a slow fire, keeping them covered. Take them off the fire several times, and stir them to the bottom. As soon as they boil completely they are sufficiently done; if they boil too long they will be hard.

Pour them directly out of the pitcher into a pan, and set them away to cool. They must not be eaten till quite cold, or indeed till next day.

If you wish to keep them a week, put a smaller quantity of spice, or they will taste too much of it by setting so long. Let them be well covered.

Oysters in the shell may be kept all winter by laying them in a heap in the cellar, with the concave side upwards to hold in the liquor. Sprinkle them every day with strong salt and water, and then with Indian meal. Cover them with matting or an old carpet.

**STEWED OYSTERS**

(1)

Open the oysters and strain the liquor. Put to the liquor some grated stale bread, and a little pepper and nutmeg, adding a glass of white wine. Boil the liquor with these ingredients, and then pour it scalding hot over the dish of raw oysters. This will cook them sufficiently.

Have ready some slices of buttered toast with the crust cut off. When the oysters are done, dip the toast in the liquor, and lay the pieces round the sides and in the bottom of a deep dish. Pour the oysters and liquor upon the toast, and send them to table hot.

**STEWED OYSTERS**

(2)

Strain all the liquor from the oysters, and thicken the liquor with stale bread grated (which is much better than flour), some whole pepper, and some mace. Grate some nutmeg into it. Boil the liquor without the oysters, adding a piece of butter rolled in flour.

Lay a slice of buttered toast in the bottom of a deep dish, and surround the sides with small slices cut into 3-corner or pointed pieces. All the crust must be cut off from the toast.

Put the raw oysters into the dish of toast, and when the liquor has boiled hard, pour it scalding hot

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over them. Cover the dish closely, and let it set for 5 minutes or more before you send it to table. This will cook the oysters sufficiently, will swell them to a larger size, and cause them to retain more of their flavor than when stewed in the liquor.

Take care not to make it too thick with the grated bread.

### OYSTER PIE

Beard a quart of fine oysters, strain the liquor, and add them to it. Cut into thin slices the kidney fat of a loin of veal; season them with white pepper, salt, mace, and grated lemon-peel; lay them on the bottom of a pie dish, put in the oysters and liquor, with a little more seasoning; put over them the marrow of 2 bones. Lay a border of puff paste round the edge of the dish; cover it with paste, and bake it nearly  $\frac{3}{4}$  hour.

### PERCH BOILED

Put them into cold water, and let them boil carefully; serve with melted butter and soy.

### PERCH BROILED

Scrape, gut, and wash them; dry them in a cloth, dust them with flour, and broil them. Sauce:—Melted butter. Or they may be broiled without gut-



ting them. They may also be stewed as carp are done.

## PERCH WITH WINE

Having scaled and taken out the gills, put the perch into a stewpan, with equal quantities of stock and white wine, a bay-leaf, a clove of garlic, a bunch of parsley and scallions, 2 cloves, and some salt. When done, take out the fish, strain off the liquor, the dregs of which mix with some butter and a little flour; beat these up, set them on the fire, stirring till quite done, adding pepper, grated nutmeg, and a ball of anchovy butter. Drain the perch well, and dish them with the above sauce.

## PICKEREL BAKED.

Clean and wipe the fish. Place in pan with sufficient melted butter and water to keep from burning; baste frequently and when cooked serve with egg sauce. Pickerel may be filled with seasoned bread or potato stuffing, if so desired.

## BAKED PIKE

Scrape the scales off a large pike, take out the gills, and clean it, without breaking the skin; stuff the fish with a forcemeat made of 2 handfuls of grated bread;

1 of finely-minced suet, some chopped parsley, and a little fresh butter, seasoned with pepper, salt, mace, grated lemon-peel and a nutmeg, pounded all together in a mortar, with two whole eggs. Fasten the tail of the pike into its mouth with a skewer, then dip it, first into a well-beaten egg, and then into grated bread, which repeat twice; baste it over the butter, and bake it in an oven.

If two of them are to be served, make one of them of a green color, by mixing a quantity of finely-minced parsley with the grated bread. When the fish is of a fine brown color, cover it with paper until it is done. Serve with a Dutch sauce in a sauce-ureen.

## BOILED PIKE

Wash clean, and take out the gills; stuff them with the following forcemeat: equal parts of chopped oysters, grated bread crumbs, beef suet, or butter, 2 anchovies, a little onion, pepper, salt, nutmeg, minced parsley, sweet marjoram, thyme, and savory; an egg to bind it. Stuff the insides, and sew them up; put them on in boiling salt and water, with a glass of vinegar, and let them boil  $\frac{1}{2}$  hour. Sauces:—Oyster, and melted butter. Pike may also be broiled.

## SALMON BAKED

Clean and cut the fish into slices, put it in a dish, and make the following sauce:—Melt 1 ounce of butter, kneaded in flour, in  $1\frac{1}{2}$  pint of gravy, with 2 glasses of Port wine, 2 tablespoonfuls of catsup, 2 anchovies, and a little cayenne. When the anchovies are dissolved, strain and pour the sauce over the fish, tie a sheet of buttered paper over the dish, and bake it in the oven.

## SALMON BOILED

Put on a fish kettle, with spring water enough to well cover the salmon you are going to dress, or the salmon will neither look nor taste well (boil the liver in a separate saucepan). When the water boils, put in a handful of salt; take off the scum as soon as it rises; have the fish well washed; put it in, and if it is thick, let it boil very gently. Salmon requires almost as much boiling as meat; about  $\frac{1}{4}$  hour to 1 pound of fish: but practice only can perfect the cook in dressing salmon. A quarter of a salmon will take almost as long boiling as half a one: you must consider the thickness, not the weight: 10 pounds of fine full-grown salmon will be done in  $1\frac{1}{4}$  hours. Lobster sauce.

Obs.—The thinnest part of the fish is the fattest;

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and if you have a "grand gourmand" at table, ask him if he is for thick or thin.

N. B.—If you have any left, put it into a pie-dish, and cover it with an equal portion of vinegar and pump water, and a little salt. It will be ready in 3 days.

### FRIED SCALLOPS

Dredge scallops with flour; dip separately in beaten egg; roll in bread crumbs that have been seasoned with salt and pepper; fry in hot fat until golden brown. Serve at once, with sliced lemon or Tartare Sauce.

### SHAD BAKED

Wash and clean the shad, and stuff with bread crumbs mixed with 1 beaten egg and seasoned with salt, pepper, 1 tablespoonful of chopped parsley, and a few drops of onion juice. Tie a string around the fish, place in pan in oven and baste frequently with equal parts of melted butter and hot water.

### SHAD ROE

Parboil the roe, drain, sprinkle with salt and pepper, dredge with flour and fry a light brown.

## S M E L T S

Soak smelts a little while in warm water; scrape them, and cut the heads so far that you can gently pull them off, and thus draw out the dark vein that runs through the body; then rinse and lay them into a dry cloth while you fry 2 or 3 slices of salt pork crisp. Dip the smelts into a plate of fine Indian meal, and fry them brown. If you fry them in lard or drippings, sprinkle them with salt, but not until they are nearly done, as they will not brown as well, if it is put on at first.

## B R O I L E D S M E L T S

Clean and split 12 large smelts, spread the smelts with 12 finely chopped olives and  $\frac{1}{2}$  green pepper; close smelts and sprinkle with salt and a little paprika, dip in melted butter or olive oil and broil over a quick fire.

## S T U R G E O N

Select 4 pounds of fish, parboil  $\frac{1}{4}$  hour, place in pan, cover with rashers of salt pork, baste frequently and bake 1 hour. Serve with drawn butter.

## TO COLLAR TROUT

Wash them clean, split them down the backbone, and dry them well in a cloth; season them well with finely-pounded black pepper, salt, and mace; roll them tight, and lay them close into a dish; pour over an equal quantity of vinegar and beer, with two or three bay-leaves, and some whole black pepper; tie over the dish a sheet of buttered paper, and bake them 1 hour.

## TO BROIL TROUT

Cut off the fins, and cut the fish down the back, close to the bone, and split the head in two. Another way is, after they have been cut open, to rub a little salt over them; let them lie 3 or 4 hours, and then hang them up in the kitchen. They will be ready to broil the next morning for breakfast.

## TO FRY TROUT

Cut off the fins, clean and gut them; dust them with flour, and dip them into the yolk of an egg beaten; strew grated bread crumbs over, and fry them in fresh dripping; lay them upon the back of a sieve before the fire to drain. Sauce:—Melted butter, with 1 tablespoonful of catsup, and 1 of lemon-

pickle in it. When they are small, roll them in oat-meal before they are fried.

### TURBOT, BAKED

Wash your fish in several waters, dry it well, and soak it in melted butter, with sweet herbs, parsley, pepper, salt and nutmeg; in  $\frac{1}{2}$  hour, put the whole into a baking dish, envelope it completely in bread crumbs, and bake it.

### TURBOT, BREADED

Prepare a small turbot as usual, slit it across the back, and soak it for 1 hour in melted butter, or lemon-juice, with parsley, sweet herbs, salt and pepper. Cover the fish with bread crumbs, and broil it. When done, squeeze lemon, or Seville orange-juice over it, and serve.

### TURBOT, STUFFED AND BAKED

Your turbot being properly cleansed, turn over the skin of the under side, without cutting it off; make a *farce*, with some butter, scallions, morels, sweet herbs, all shred, and united together, with yolks of eggs, and seasoned with pepper and salt; spread this all over the under part of the fish, cover it with the

skin, and sew it up. Dissolve some butter in a saucepan; add to it when melted, the yolk of an egg, sweet herbs, shred, salt, and pepper; rub the fish all over with this, then bread, and bake it.

## TURBOT, GRILLED

Split the fish down the back, and soak it for some time, with melted butter, parsley, sweet herbs, salt and pepper. Bread the turbot well, broil, and serve it with lemon, or Seville orange-juice.

## TURBOT, WITH WHITE SAUCE

Put a sliced onion, some thyme, basil and sweet herbs into a stewpan, place a small turbot on these, strew similar herbs, salt, pepper and a leek, cut in pieces over it; cover the fish with equal quantities of vinegar and white wine; let it boil over a moderate fire until sufficiently done; in the meantime, melt a pound of butter, add to it a couple of boned anchovies, 2 spoonfuls of capers, shred small, 2 or 3 leeks, salt, pepper, nutmeg, a little vinegar, water, and a sprinkling of flour; make all these quite hot, stirring constantly till done; then dish the turbot, pour the sauce over it, and serve.



## **Vegetables**

### **ASPARAGUS**

Wash it, trim off the white ends, and tie it up in bunches with a twine or a strip of old cotton. Throw them into boiling water with salt in it. Boil 25 minutes or  $\frac{1}{2}$  hour. Have ready 2 or 3 slices of toasted bread, dip them in the water and lay them in the dish. Spread them with butter and lay the bunches of asparagus upon the toast. Cut the strings with a scissors and draw them out without breaking the stalks; lay thin shavings of butter over the asparagus, and send it to the table.

### **ASPARAGUS, BOILED**

Scrape and tie them in small bundles; cut them even, boil them quick in salt and water; lay them on a toast dipped in the water the asparagus was boiled in; pour over them melted butter.

### **ASPARAGUS AND EGGS**

Toast a slice of bread, butter it, and lay it on a dish; butter some eggs thus: take 4 eggs, beat them

well, put them into a saucepan with 2 ounces of butter, and a little salt, until of a sufficient consistence, and lay them on the toast; meanwhile boil some asparagus tender, cut the ends small, and lay them on the eggs.

## BOSTON BAKED BEANS

Soak 2 cups California pea beans over night, next morning parboil till rather soft. Mix 1 teaspoon mustard with 1 teaspoon salt,  $\frac{1}{2}$  cup molasses, fill cup with boiling water and pour over beans in covered bean pot, add  $\frac{1}{2}$  pound salt pork and bake all day.

## B E E T S

When they are washed the little fibers and ragged excrescences should not be broken off, as the juices of the root will thus be lost. Young beets boil in an hour; but in the winter they require from 2 to 3 hours. When tender, put them for 1 or 2 minutes into cold water, take them in your hands and slip the skins off. This is a much easier and better way than to remove the skin with a knife. Lay them into a dish, cut them several times through, sprinkle them with salt and pepper, add a little butter, and, if you choose, vinegar also. It is a very good way to cut up all that remains after dinner, put on salt and vinegar, and set them aside to be used cold another day.

## CUCUMBERS

Cucumbers should be gathered while dew is yet on them, and put immediately into water. Half an hour before dinner, pare and slice them very thin, and let them lie in fresh water till dinner is ready; then drain them, lay them into a dish, sprinkle them with salt, pour on the vinegar, and add the pepper last.

## CABBAGE

Remove the waste leaves, and divide the stump end as far as the center of the cabbage. It is good boiled with salt meat; but if cooked by itself, salt should be added to the water. Cabbage should be put into boiling water, be well skimmed, and boil 1 or 1½ hours, according to the size.

## CAULIFLOWERS

Lay them an hour or two in cold salt and water; remove the outside leaves and boil them half an hour in milk and water. If they are strong, pour off the water when they are half done, and put fresh boiling water to them. Brocoli is cooked in the same manner, and should be laid on toast exactly like asparagus.

## SHELLED BEANS

Put them into cold soft water, just enough to cover them. Boil them from 1 to  $1\frac{1}{4}$  hours. Some kinds are more easily boiled than others. Do not put in salt until they are nearly done, as its tendency is to make them hard. Take them up with a skimmer and butter them.

## STRING BEANS

Beans should never be used in this way after the pod has become old enough to have a string, or tough fiber upon it. Cut off each end, and cut them up small. Boil them in as little water as will keep them from burning. Just before you take them up, add salt and butter, and dredge in a little flour. They should have only as much liquor in them as you wish to take up in the dish, else the sweetness is wasted. String beans and peas are good boiled together.

## BOILED CORN

Put the ears into boiling water, with salt in it, and boil them  $\frac{1}{2}$  an hour.

## CORN OYSTERS

Grate young, sweet corn into a dish, and to a pint add 1 egg, well beaten, 1 small teacup of flour,  $\frac{1}{2}$  a gill of cream, and 1 teaspoonful of salt. Mix it well together. Fry exactly like oysters, dropping it into the fat by spoonfuls about the size of an oyster.

## EGG PLANT

Take fresh purple ones, and pull out the stem; parboil them and cut them in slices about an inch thick. Dip them in a beaten egg, and then in a plate of bread or cracker crumbs, with salt and pepper, and fry them in drippings until they are nicely browned.

## GREENS

Cabbage plants, turnip or mustard tops, the roots and tops of young beets, cowslips, dandelions, and various other things, make a good dish in the spring. When boiled enough, they will sink to the bottom of the kettle. Some require an hour, and others less time. Turnip tops will be boiled enough in 20 minutes. Remember to put salt into the water, unless you boil a piece of pork with them.

## MACARONI

Procure that which looks white and clean. When it is to be used, examine it carefully, as there are sometimes little insects inside. Wash it, and put it in a stewpan in cold water enough almost to cover it. Add a little salt. Let it boil slowly  $\frac{1}{2}$  an hour; then add a gill of milk and a small piece of butter, and boil it  $\frac{1}{4}$  of an hour more. Then put it into the dish in which it is to go to the table, grate old cheese over it, and brown it in the oven.

## MACARONI DRESSED SWEET

Boil 2 ounces of macaroni in 1 pint of milk, with a bit of lemon-peel, and a good bit of cinnamon, till the pipes are swelled to their utmost size without breaking. Lay them on a custard dish, and pour a custard over them hot. Serve cold.

## MACARONI GRATIN

Lay fried bread pretty closely around a dish, boil your macaroni in the usual way, and pour it into the dish; smooth it all over, and strew bread-crumbs on it, then a pretty thick layer of grated Parmesan cheese; drop a little melted butter on it, and brown in quick oven.

## MACARONI TIMBALE

Take some puff paste, roll it thin, and cut it into narrow bands; twist each kind into a kind of cord, which place around the insides of buttered molds, snail fashion; fill each mold with macaroni, cover the tops with grated bread and Parmesan cheese (equal quantities of each); put the Timbales into a warm oven, and bake them  $\frac{3}{4}$  of an hour; then turn them on a dish and serve.

## STEWED MUSHROOMS

Take 1 quart of fresh mushrooms. Peel them and cut off the stems. Season them with pepper and salt. Put them in a saucepan or skillet, with a lump of fresh butter the size of an egg, and sufficient cream or rich milk to cover them. Put on the lid of the pan, and stew the mushrooms about  $\frac{1}{2}$  of an hour, keeping them well covered or the flavor will evaporate.

When you take them off the fire, have ready 1 or 2 beaten eggs. Stir the eggs gradually into the stew, and send it to the table in a covered dish.

## OKRAS

Cut okras into small lengths, boil in salted water until tender, serve with white sauce, or saute in

saucepan with 1 ounce of butter, 1 sliced onion, 1 minced green pepper; when brown add  $\frac{1}{2}$  cup of stewed tomato,  $\frac{1}{4}$  teaspoonful of salt and a pinch of pepper; simmer 12 minutes and serve.

## ONIONS

Boil them 20 minutes, and pour off the water entirely; then put in equal parts of hot water and milk, or skimmed milk alone, and boil them 20 minutes more. When they are done through, take them up with a skimmer, let them drain a little, and lay them into the dish. Put on butter, pepper, and salt.

## ONIONS, PLAIN BOILED

Peel them, and let them lie 1 hour in cold water; put them on in boiling milk and water; boil them till tender, and serve them with melted butter poured over them.

## ONIONS, ROAST

Roast them with the skins on in a Dutch oven, that they may brown equally. They are eaten with cold, fresh butter, pepper and salt.



## ONIONS, STEWED

Take 1 dozen of good-sized onions, peel and put them on in the following sauce: 1 pint of veal stock, a bit of butter rolled in flour, a little pepper and salt. Stew them gently for 1 hour, and, just before serving, mix in 3 tablespoonfuls of cream. To stew them in a brown sauce, take the same quantity of good gravy. In a stewpan, brown of a light color, a little butter and flour, add the gravy and onions, with a little pepper and salt, and stew them gently 1 hour.

## PARSNIPS

These are not considered by most people very good; but they are so in broth and soup. To eat with meat they should be boiled  $\frac{3}{4}$  of an hour, if fresh from the garden; in the winter,  $1\frac{1}{2}$  hours. They make very good pies after the fashion of pumpkin or squash, but they must be boiled very tender, and in a good deal of water, else a strong taste will pervade the pies.

## PEAS

If peas are young and fresh (and none others are good), they will boil in  $\frac{1}{2}$  hour or 35 minutes. They should be put into cold water, without salt. The

same quantity should be used as for string beans, and for the same reason. When they are tender, add salt and butter. It is an improvement to boil a single small slice of pork in them. It need not be laid into the dish, and the same slice will do for another boiling.

## TO BOIL POTATOES

The best potatoes are good boiled without paring, but even they are best pared, and poor potatoes are unfit to eat, boiled with the skins on. New potatoes are made watery by being laid in water, but late in the winter and in the spring they should be pared and laid in cold water 1 or 2 hours before they are cooked. Put them into boiling water, with salt in it, and allow 30 or 40 minutes for boiling, according to the size. When they are done through, pour off the water, and take the kettle to the door or window, and shake them. Doing this in the open air makes them mealy; return them to the fire in 1 or 2 minutes and then serve. Many persons take a fork and break them up in the kettle, before taking them up, and they make a beautiful looking dish done in this way.

Potatoes require nearly 1 hour to bake in a cooking stove or range.

## POTATO BALLS

Mash boiled potatoes, fine, stir into them the yolk of an egg, and make them into balls; then dip them into a beaten egg, roll them in cracker crumbs, and brown them in a quick oven; or, fry them in a small quantity of nice drippings, and in that case flatten them so that they can be easily turned and browned on both sides.

## BAKED POTATOES

Wash potatoes carefully, rub the skin with a little lard, prick the small end of the potato with a fork, bake in moderate oven 1 hour, serve on folded napkin.

## MASHED POTATOES

Boil them according to the directions in the preceding recipe, allowing 20 minutes more time before dinner than if they were to be put on the table whole. When they are dried, set off the kettle and mash them in it with a wooden pestle. This is better than to take them into a pan, as they will keep hot in the kettle. Have ready 1 gill or 2 of hot milk or cream; if you use milk, put a small piece of butter into it. Sprinkle salt into the potato and mash it till it is perfectly fine; then pour in the hot milk and

mix it thoroughly. The more it is wrought with the pestle, the whiter it becomes. Put it into the dish for the table, smooth the top into proper shape, and set it into the stove to brown. To prepare it in the nicest manner, beat the yolk of an egg and spread over the top before putting it into the stove. If you do not care to take all this trouble, it is very good without being browned.

## POTATOES, RAW OR COLD, TO FRY

Wash, peel, and put them into cold water for 1 or 2 hours, cut them into slices about  $\frac{1}{2}$  inch thick, and fry them a light brown in boiling clarified beef suet. Cold boiled potatoes, cut in slices, may be done in the same manner.

## POTATO FRITTERS

Peel and pound in a mortar 6 mealy potatoes with a little salt, a glass of white wine, some pounded sugar, cinnamon, and 1 ounce of butter; roll it out with a little flour, cut them the size of a wine glass, and fry them in boiling clarified dripping. Serve them with sifted loaf sugar over them.

## POTATOES, FRIED IN SLICES OR RIBBONS

Peel large potatoes, slice them about  $\frac{1}{4}$  inch thick, or cut them in shavings round and round, as you would peel a lemon; dry them well in a clean cloth, and fry them in lard or dripping. Take care that your fat and frying-pan are quite clean, put it on a quick fire, watch it, and as soon as the lard boils, and is still, put in the slices of potatoes, and keep moving them till they are crisp. Take them up, and lay them to drain on a sieve; send them up with a very little salt sprinkled over them.

## POTATOES, FRIED WHOLE

When nearly boiled enough, put them into a stew-pan with a bit of butter, or some nice clean beef-drippings; shake them about often (for fear of burning them), till they are brown and crisp; drain them from the fat.

Obs.—It will be an elegant improvement previous to frying or broiling the potatoes, to flour them and dip them in the yolk of an egg, and then roll them in fine-sifted bread crumbs. They will then deserve to be called Potatoes Full Dressed.

## POTATOES, SCALLOPED

Mash potatoes as directed, then butter some nice clean scallop-shells, patty-pans, or tea-cups or saucers; put in your potatoes; make them smooth at the top; cross a knife over them; strew a few fine bread crumbs on them; sprinkle them with a paste-brush with a few drops of melted butter, and then set them in a Dutch oven; when they are browned on the top, take them carefully out of the shells, and brown the other side.

## POTATO SNOW

The potatoes must be free from spots, and the whitest you can pick out; put them on in cold water; when they begin to crack, strain the water from them, and put them into a clean stewpan by the side of the fire till they are quite dry, and fall to pieces; rub them through a wire sieve on the dish they are to be sent up in, and do not disturb them afterwards.

## SWEET POTATOES

They are best baked; are very nice boiled till tender, and then pared and laid into the oven to brown. They require more time for being cooked than the common potato. Cold sweet potatoes are excellent

sliced and browned on the griddle. When one side is done, sprinkle salt over before turning them.

## RICE CHEESE

Boil 1 ounce of rice, thick as hasty pudding, in rather less than  $\frac{1}{2}$  pint of milk; pour it hot on  $1\frac{1}{2}$  ounces of butter, the same weight of sugar, mixing it well together; let it stand till cold; then add 1 egg and the yolk of another, and a little white wine.

## RICE CROQUETTES

Wash and scald  $\frac{1}{4}$  pound of rice, put it into a saucepan with the rind of a lemon, shred small;  $\frac{1}{4}$  pound of powdered sugar, a pinch of salt, a little crisped orange flowers, 1 ounce of butter, and  $\frac{1}{2}$  pint of milk; set these on the fire, and when the rice is quite soft, add the yolks of 4 eggs, stir them in over the fire, but do not let them boil; pour the preparation on a large tin or slab, spread it equally; let it cool, and then divide it into small equal parts; roll these into balls, dip them into beaten egg, roll them in bread crumbs, and fry them in a very hot fat. As soon as the croquettes are of a nice color, drain; sprinkle them with powdered sugar, and serve them.

**SALSIFY, OR OYSTER  
PLANT**

(1)

Boil it till tender, then pour off the water, and add a little milk, and a little salt and butter.

**SALSIFY, OR OYSTER  
PLANT**

(2)

Parboil it, scraping off the outside, cut it in slices, dip it into beaten egg and fine bread crumbs, and fry it in lard.

**SALSIFY, OR OYSTER  
PLANT**

(3)

Make a batter of wheat flour, milk and eggs, and a little salt. Cut the salsify in slices; after it is boiled tender, put it in the batter, and drop this mixture into hot fat by the spoonful. Cook them a light brown.

**SALSIFY**

(4)

Wash and scrape it very thoroughly, and put it in boiling water with salt in it. When tender, cut it in



slices and fry it in hot fat, in a batter made of an egg, milk, flour, and salt. It is very nice, also, dipped in bread crumbs moistened with a beaten egg, and browned on a griddle.

## S U C C O T A S H

Cut off the corn from the cobs, and,  $1\frac{1}{2}$  hours before dinner, put the cobs, with a few shelled beans, into cold water to boil. After 1 hour take out the cobs, put in the corn and boil it  $\frac{1}{2}$  hour. There should be no more water than will be necessary to make the succotash of the right thickness, as having too much occasions a loss of the richness imparted by the cobs. When you take it up, add a small piece of butter. This is much better than to boil the corn on the cob and then cut it off.

It is a very good way, when a family are tired of fresh meat in hot weather, to boil a piece of pork in another pot until the grossest fat has boiled out, and then put it with the succotash for the remainder of the time. It gives a very good flavor to the corn, and makes an excellent dinner.

## S U M M E R   S Q U A S H

If the rind is tender, boil it whole, in a little bag kept for the purpose. It should be put into boiling

water;  $\frac{3}{4}$  of an hour is long enough to cook it. Take the bag into a pan and press it with the edge of a plate or with a ladle, until the water is out; then turn the squash out into a dish, add salt and butter, and smooth over the top.

## WINTER SQUASH

Cut it up and take out the inside. Pare the pieces, and stew them in as little water as possible. If you have a tin with holes in it, which will fit the kettle and keep the squash from touching the water, it is the nicest way to steam it. Be careful it does not burn. It will cook in 1 hour. Mash it in a dish, or, if it is watery, squeeze it in a coarse cloth like summer squash. Stir in butter and salt. Lay it into the dish, smooth the top, and, if you like, pepper it.

## SPINAGE

Put it into a net, or a bag of coarse muslin, kept for the purpose, and boil it in a plenty of water with salt in it, 10 or 12 minutes. All kinds of greens should be boiled in plenty of water, else they will be bitter.

One method of serving spinage is to press it between two plates, then put it into a saucepan with a small bit of butter, salt, and a little cream, and boil it up. Another is to drain it thoroughly, lay

it in the dish, put upon the top hard-boiled eggs, sliced, and pour melted butter over it.

## TURNIPS

Peel off  $\frac{1}{2}$  inch of the stringy outside. Full-grown turnips will take about  $1\frac{1}{2}$  hours gentle boiling; if you slice them, which most people do, they will be done sooner; try them with a fork; when tender, take them up, and lay them on a sieve till the water is thoroughly drained from them. Send them up whole; do not slice them.

## YOUNG WHITE TURNIPS

Wash, peel, and boil them till tender in water with a little salt; serve them with melted butter poured over them. Or, they may be stewed in 1 pint of milk thickened with a bit of butter rolled in flour, and seasoned with salt and pepper, and served with the sauce.

## TURNIP TOPS

Turnip tops are the shoots which grow out (in the spring) of the old turnip roots. Put them into cold water 1 hour before they are to be dressed; the more water they are boiled in, the better they will look; if boiled in a small quantity of water they will taste bitter: when the water boils, put in a small handful

of salt, and then your vegetables; if fresh and young they will be done in about 20 minutes; drain them on the back of a sieve.

## **TURNIPS, TO BOIL, YELLOW OR LARGE WHITE**

Wash, pare, and throw them into cold water; put them on in boiling water with a little salt, and boil them from 2 to 2½ hours, drain them in a colander, put them into a saucepan, and mixing in a bit of butter, with a beater mash them very smoothly, add ½ pint of milk, mix it well with the turnips, and make them quite hot before serving. If they are to be served plain, dish them as soon as the water is drained off.

## **MASHED TURNIPS**

Boil them in salt and water at least 1½ hours, unless they are of early growth. Take them from the kettle into a deep dish, press them a little and pour off the water; mash them like potatoes, but use no milk, as they are moist enough. Add salt and a little butter.

It is a very nice way to put an equal number of potatoes and turnips together, and mash them until they are thoroughly mixed. This is a favorite dish among the Dutch in the State of New York.

## Meats

### À-LA-MODE BEEF

A round of fresh beef weighing from 18 to 20 pounds,

1 pound of the fat of bacon or corned pork, the marrow from the bone of the beef, and  $\frac{1}{4}$  pound of beef suet, all chopped together,

2 bundles of pot herbs, parsley, thyme, small onions, etc., chopped fine,

2 large bunches of sweet marjoram and 2 bunches of sweet basil, sufficient when powdered to make four tablespoonfuls of each,

2 large nutmegs and  $\frac{1}{2}$  ounce of cloves, beaten to a powder,

$\frac{1}{2}$  ounce of mace,

1 tablespoonful of salt,

1 tablespoonful of pepper,

2 glasses of Madeira wine.

If your à-la-mode beef is to be eaten cold, prepare it three days before it is wanted.

Take out the bone. Fasten up the opening with skewers, and tie the meat all round with tape. Rub it all over on both sides with salt. A large round of beef will be more tender than a small one.

Chop the marrow and suet together. Pound the spice. Chop the pot-herbs very fine. Pick the sweet marjoram and sweet basil clean from the stalks, and rub the leaves to a powder. You must have at least 4 tablespoonfuls of each. Add the pepper and salt, and mix well together all the ingredients that compose the seasoning. Stew in covered dish 16 hours.

## A-LA-MODE BEEF

(2)

Cut the fat of the bacon or pork into pieces about  $\frac{1}{4}$  inch thick and 2 inches long. With a sharp knife make deep incisions all over the round of beef and very near each other. Put first a little of the seasoning into each hole, then a slip of the bacon pressed down hard and covered with more seasoning. Pour a little wine into each hole.

When you have thus stuffed the upper side of the beef, turn it over and stuff in the same manner the under side. If the round is very large, you will require a larger quantity of seasoning.

Put it in a deep baking dish, pour over it some wine, cover it, and let it set till next morning. It

will be much the better for lying all night in the seasoning.

Next day put a little water in the dish, set it in a covered oven, and bake or stew it gently for 12 hours at least, or more if it is a large round. It will be much improved by stewing it in lard. Let it remain all night in the oven.

If it is to be eaten hot at dinner, put it in to stew the evening before, and let it cook till dinner-time the next day. Stir some wine and a beaten egg into the gravy.

If brought to table cold, cover it all over with green parsley, and stick a large bunch of something green in the center.

What is left will make an excellent hash the next day.

## BEEF FILLET, ROASTED

This fillet lies only on the inside of the sirloin next to the chin, and is the tenderest part of the ox; spit this on a small spit, but do not run it through the best part of the meat: roast it gently, and baste it with butter; catch gravy in a dish while the beef is roasting; in the meantime make a sauce for it with sweet herbs and parsley shred fine, the yolk of 4 eggs, an onion, and some orange-peel chopped small; put these into sweet butter, gravy, 1 to 2 spoonfuls of

strong broth and vinegar, stew them all together. Put your beef into this sauce and serve it hot.

## BEEF FILLET IN MADEIRA

Lard a good fillet of beef, the same as for roasting, join the ends together, and place it in this manner in a stewpan, with some onions, carrots, and a *bouquet garni*, with some *consommé* and Madeira, cover it with a buttered paper; let it boil for a moment, and afterwards let it boil slowly. Put fire upon the top of your stewpan. When it is done strain the broth through a silk sieve, reduce it, and serve it as a sauce to your meat.

## BEEFSTEAK PIE

Cut the steaks off a rump, or any nice piece of beef, fat and lean together, about  $\frac{1}{2}$  inch thick; beat them a little with a rolling pin, put over them some pepper, salt, and parboiled onion minced; roll them up and pack them neatly into the dish, or lay the beef in slices; add some spoonfuls of gravy, and 1 teaspoonful of vinegar. Cover the pie with a puff paste, and bake it for an hour. It is a common but mistaken opinion, that it is necessary to put stock or water into meat pies. Beef, mutton, veal and pork, if not previously dressed, will be found to yield a sufficiency of gravy, and the pie will be better with-



out any additional liquid. Large oysters, parboiled, bearded, and laid alternately with the steaks, their liquor reduced and substituted instead of the catsup and wine, will be a variety.

## BEEF STEAK PUDDING.

Get rump steaks, not too thick, beat them with a chopper, cut them into pieces about half the size of your hand, and trim off all the skin, sinews, etc.; have ready an onion peeled and chopped fine, likewise some potatoes peeled and cut into slices  $\frac{1}{4}$  inch thick; rub the inside of a basin or an oval plain mold with butter, sheet it with paste as directed for boiled puddings, season the steaks with pepper, salt and a little grated nutmeg; put in a layer of steak, then another of potatoes, and so on till it is full, occasionally throwing in part of the chopped onion; add to it  $\frac{1}{2}$  gill of mushroom catsup, 1 tablespoonful of lemon-pickle, and  $\frac{1}{2}$  gill of water or veal broth; roll out a top, and close it well to prevent the water getting in; rinse a clean cloth in hot water, sprinkle a little flour over it, and tie up the pudding; have ready a large pot of water boiling, put it in and boil it two hours and a half; take it up, remove the cloth, turn it downwards in a deep dish, and when wanted take away the basin or mold.

## BEEF, COLD TENDERLOIN

Cut off the meat, with a little of the fat, into strips 3 inches long and  $\frac{1}{2}$  inch thick; season with pepper and salt, dredge them with flour, and fry them brown in butter; then simmer them in a rich brown gravy; add of mushroom, catsup, onion, and shallot vinegar, 1 tablespoonful of each. Garnish with fried parsley.

## BEEF HEART, TO ROAST

Wash it well, and clean all the blood carefully from the pipes; parboil it 10 or 15 minutes in boiling water; drip the water from it; put in a stuffing that has been made of bread crumbs, minced suet or butter, sweet marjoram, lemon thyme, and parsley, seasoned with salt, pepper and nutmeg. Put it down to roast while hot, baste it well with butter, froth it up, and serve it with melted butter and vinegar; or with gravy in the dish, and currant jelly in a sauce-tureen.

## FRIZZLED BEEF

Sliver smoked beef, pour on boiling water to freshen it, then pour off the water and frizzle the beef in butter.

## BEEF RUMP, BAKED

Take a rump of beef, what size you please, bone and lard it, season it with salt and fine spices; put it into a stewpan just large enough to hold it, together with  $\frac{1}{2}$  pint of white wine, some green onions, mushrooms, and shallots; some lean bacon is an improvement. Place in covered pan, let it stew in an oven for 5 or 6 hours according to the size of your meat, then serve it with its own sauce, strained. You may dress a sirloin in the same way.

*fine!* BEEF RAGOÛT

Take a rump of beef, cut the meat from the bone, flour and fry it, pour over it a little boiling water, about 1 pint of small beer; add a carrot or two, an onion stuck with cloves, some whole pepper, salt, a piece of lemon-peel, a bunch of sweet herbs; let it stew 1 hour, then add some good gravy; when the meat is tender take it out, strain the sauce, thicken it with a little flour, add a little celery ready boiled, a little catsup, put in the meat, just simmer it up. Or the celery may be omitted, and the ragoût enriched by adding mushrooms, fresh or pickled; artichoke blossoms boiled and quartered, and hard yolks of eggs. A piece of flank, or any piece that can be cut free from bone, will do instead of the rump.

**BEEF KIDNEY PIE**

Cut some kidneys into thin slices, and place them in the bottom of your pie-dish, then sweet herbs chopped, such as parsley, thyme, shallots, mushrooms, pepper and salt; continue this till the dish is full, then cover the whole with slices of bacon, then finish your pie; bake it in the oven; when done, take out the bacon, and skim the fat; make a sauce with a glass of white wine, a tolerable quantity of cullis, and reduce it to the consistence of a good sauce, then squeeze an orange in it. Serve your pie hot.

**BEEF SHIN, STEWED**

Desire the butcher to saw the bone into three or four pieces, put it into a stewpan and just cover it with cold water; when it simmers, skim it clean; then put in a bundle of sweet herbs, a large onion, a head of celery, a dozen berries of black pepper, and the same of allspice; stew very gently over a slow fire till the meat is tender; this will take from about  $3\frac{1}{2}$  to  $4\frac{1}{2}$  hours. Take 3 carrots, peel and cut them into small squares; peel and cut ready into small squares a couple of turnips with a couple of dozen of small, young, round, silver, button onions; boil them till tender; the turnips and onions will be cooked enough in about 15 minutes; the carrots will require about twice

as long: drain them dry. When the beef is quite tender, take it out carefully with a slice, and put it on a dish while you thicken  $1\frac{1}{2}$  pints of the gravy: to do this, mix 3 tablespoonfuls of flour with 1 teacupful of the beef liquor; stir this thoroughly together till it boils, skim off the fat, strain it through a sieve, and put your vegetables in to warm; season with pepper, salt, and a wine-glass of mushroom catsup, or Port wine, or both, and pour it over the beef. A leg of mutton is excellent dressed the same way.

## BEEF SIRLOIN

The noble sirloin of about 15 pounds (if much thicker, the outside will be done too much before the inside is enough), will require to be roasted about  $3\frac{1}{2}$  or 4 hours; put a little clean dripping into the dripping-pan (tie a sheet of paper over it to preserve the fat), baste it well as soon as it is put down, and every quarter of an hour all the time it is roasting, till the last half hour; then take off the paper and make some gravy for it; to brown and froth it, sprinkle a little salt over it, baste it with butter, and dredge it with flour; let it go a few minutes longer till the froth rises, take it up, put it on the dish, etc. Garnish it with hillocks of horseradish, scraped as fine as possible with a very sharp knife. A Yorkshire pudding is an excellent accompaniment.

## BEEF, STEWED

Stew in 5 quarts of water the middle part of a brisket of beef weighing 10 pounds, add 2 onions stuck with 2 cloves, 1 head of celery, 1 large carrot, 2 turnips cut small, a handful of sorrel leaves,  $\frac{1}{2}$  ounce of black pepper and some salt. Stew it gently for 6 hours. Make a strong gravy with carrots and turnips, the turnips to be scraped and fried of a brown color in butter; add pepper, salt, a little cayenne; thicken it with flour and butter, and pour it over the beef, with the carrots and turnips.

## CORNE D BEEF

Choose a good lean piece of corn beef weighing 12 pounds. Wash carefully, place in pot and cover with cold water. Let it boil slowly for 6 hours and be careful to remove the scum as it rises. If boiled vegetables are to be served with the corned beef such as carrots and turnips, they may be boiled in the corn beef liquor.

## CORN BEEF HASH

Take equal quantities of finely chopped cold cooked corned beef and cold boiled potatoes; for 1 pint of each, sauté 2 tablespoonfuls of finely chopped

onion in 1 tablespoonful of hot butter, and 1 tablespoonful of flour, stir and cook 2 minutes, add 1 cup of stock or broth. When boiling, add the hash, season with  $\frac{1}{4}$  teaspoonful of pepper and a level teaspoonful of salt, a grating of nutmeg and a teaspoonful of finely chopped parsley; let cook 5 minutes and serve.

### CALF'S FOOT JELLY.

4 feet,  
4 quarts cold water,  
2 lemons,  
2 inch stick cinnamon,  
3 eggs,  
1 pint of wine,  
 $\frac{1}{2}$  box gelatine.

Wash and split the feet, add water and cook at a low temperature until the amount of liquid is reduced one-half. Strain through a clean flannel or napkin and a sieve. When cold remove the fat, add the whites and the shells of the eggs, the cinnamon, sugar (dissolved gelatine), and juice of the lemons. Stir until warm. Cook slowly 15 minutes. Add the wine. Skim and strain through a napkin into tumblers.

## CALF LIVER, BROILED

Slice it, season with pepper and salt, and broil nicely: rub a bit of cold butter on it, and serve hot.

## CALF'S HEART, ROASTED

Fill the heart with the following forcemeat: a  $\frac{1}{4}$  pound of beef suet, chopped small, grated bread, parsley, marjoram, lemon-peel, pepper, salt, nutmeg and the yolk of an egg. Lay a veal caul, or a sheet of paper on the stuffing to keep it in its place. Put the heart into the oven, and baste it frequently till thoroughly roasted. Garnish with slices of lemon, and pour melted butter over it.

## CALF'S LIVER, LARDED AND ROASTED

Lard a fine calf's liver the same as a *fricandeau*, and let it lie for 24 hours in vinegar, with a sliced onion, some parsley, a little thyme, a bay leaf, some salt and pepper. Roast and baste it well with butter, then glaze it with a light glaze, and serve it with a *poivrade*, or any other sauce.

## HAM WITH MADEIRA

Soak in water for 2 hours a fine ham, boil it for 2 hours, trim it quickly, and then put it into a stewpan,



with thin slices of veal at the bottom; add some carrots and parsley, and season with spices. Pour over the ham 1 pint of rich stock and a bottle of Madeira; let it boil for two hours, strain and skim the fat off the sauce, which, with the ham, must be served quite hot.

## HAM ROASTED WITH MADEIRA

Take a fine ham, pare and trim it of as round a form as possible, take off the end bone, and remove the rind from the knuckle; then lay the ham on a gridiron over the fire, till you can take it up with ease; soak it, if necessary, and put it in a pan, with slices of carrots and onions, thyme, bay leaf, and coriander; pour a bottle of Madeira upon it, cover it with a clean cloth, and close the pan as tight as possible, and let it remain 24 hours; then wrap the ham in very thick paper, fasten it with paste, so that it may be completely enclosed, tie it on a spit, and put it to roast for 3 hours; then make a small hole in the paper, and pour in, by means of a funnel, the Madeira wine, paste paper over the hole, and let it roast another hour. When done, take off the paper carefully, so that none of the gravy may escape, mix it with some reduced *espagnole*, glaze the ham, and serve it.

## HAM TO STEW

Soak the ham in lukewarm water for 12 hours, drain it, and scrape the rind; put it into a stewpan with some slices of fat bacon round the sides, 4 quarts of weak stock, a good deal of parsley, a bunch of sweet herbs, 6 large onions, 4 carrots, a little allspice and pepper, 1 pint of Madeira and 1 of Port wine. Cover the ham with slices of fat bacon, and put over it a sheet of white paper; stew it 8 hours, or 10 if it be a very large ham. Before serving, take off the rind, strain the sauce, skim it well, and boil it till reduced to a glaze, and pour it round the ham, or serve it with any other sauce that may be preferred.

## HAM TOAST

Cut some crumb of bread into thin slices; then take an equal number of thin slices of ham; beat them well with a rolling pin, and then soak them in warm water for about 2 hours; then take them out, dry them well, and put them into a saucepan with a little bacon, a slice of veal, and  $\frac{1}{2}$  glass of stock; let them boil for  $\frac{1}{2}$  hour, and then add  $\frac{1}{2}$  glass of veal *Blond*. Fry your bread to a nice color in some lard; lay it on a dish, and on each piece lay a slice of ham; pour the sauce over them. Take particular care to

cut the ham as nearly as possible the size and shape of the bread.

## HARICOT MUTTON

(1)

Cut the best end of a neck or loin of mutton, that has been kept till tender, into chops of equal thickness, 1 rib to each; trim off some of the fat, and the lower end of the chine bone, and scrape it clean, and lay them in a stewpan, with 1 ounce of butter; set it over a smart fire. If your fire is not sharp, the chops will be done before they are colored. The intention of frying them is merely to give them a very light browning.

While the chops are browning, peel and boil a couple of dozen of young button onions in about 3 pints of water for about 15 or 20 minutes, set them by, and pour off the liquor they were boiled in into the stewpan with the chops. If that is not sufficient to cover them, add as much boiling water as will remove the scum as it rises, and be careful they are not stewed too fast or too much; so take out one of them with a fish-slice, and try it. When they are tender, which will be in about  $1\frac{1}{2}$  hours, then pass the gravy through a sieve into a basin, set in the open air that it may get cold. You may then easily and completely skim off the fat. In the meantime set the meat and the vegetables by the fire to keep hot, and

pour some boiling water over the button onions to warm them. Have about 6 ounces of carrots, and 8 ounces of turnips peeled and cut into slices, or shaped into balls about as big as a nutmeg. Boil the carrots about  $\frac{1}{2}$  hour, the turnips about  $\frac{1}{4}$  hour, and put them on a sieve to drain, and then put them round the dish the last thing.

## HARICOT MUTTON

(2)

Thicken the gravy by putting 1 ounce of butter into a stewpan; when it is melted, stir in as much flour as will stiffen it; pour the gravy to it by degrees, stir together till it boils; strain it through a fine sieve or tamis into a stewpan; put in the carrots and turnips to get warm, and let it simmer gently while you dish up the meat; lay the chops round a dish, put the vegetables in the middle, and pour the thickened gravy over. Some put in capers, minced gherkins, etc.

Rump steaks, veal-cutlets, and beef-tails, make excellent dishes dressed in the like manner.

## LAMB CHOPS

Cut a neck or loin of lamb into chops; rub them over with the beaten yolk of an egg; dip them into grated bread, mixed with plenty of chopped pars-

ley, and season with lemon-peel, pepper, and salt; fry them a light brown in good dripping; make a sauce with the trimmings, and thicken the same with butter rolled in flour; add a little lemon-pickle and mushroom catsup. Garnish with fried parsley. They may be served with or without the gravy.

## LAMB CHOPS, BROILED

Cut a loin or best end of the neck into chops, flatten them, and cut off the fat and skin; rub the grid-iron with a little fat, and broil them on a clear fire. Turn them with steak tongs, till quite done. Serve them hot.

## LAMB CUTLETS

Cut the cutlets off the loin, into round bits; trim off the fat and skim; dip them into the beaten yolk of an egg, and then into bread crumbs, mixed with minced parsley, grated nutmeg, and lemon-peel, pepper and salt. Fry them a light brown in clarified beef suet; drain them on the back of a sieve before the fire. Serve them with melted butter with a little lemon-pickle in it, or a brown sauce thickened. Garnish with cut lemon.

## LAMB DRESSED WITH RICE

Half roast a small fore quarter of lamb; cut it into steaks, season them with a little salt and pepper; lay them into a dish, and pour in a little water. Boil a pound of rice with a blade or two of mace; strain it and stir in a good piece of fresh butter, and a little salt; add also the greater part of the yolks of 4 eggs beaten; cover the lamb with the rice, and with a feather put over it the remainder of the beaten eggs. Bake it in an oven till it has acquired a light brown color.

## LEG OF LAMB, BOILED

It should be boiled in a cloth, that it may look as white as possible. Cut the loin in steaks, dip them in egg, strew them over with bread crumbs, and fry them a nice brown, serve them round the dish, and garnish with dried or fried parsley. Serve with spinage to eat with it.

## LAMB PIE, A SAVORY ONE

Cut the meat into pieces, and season it with pepper, salt, mace, cloves, and nutmeg, finely beaten.

Make a good puff paste crust, put the meat into it, with a few lamb stones and sweetbreads, seasoned the same as the meat. Then put in some oysters and forcemeat balls, the yolks of hard eggs, and the tops of asparagus, about 2 inches long, first boiled green. Put butter all over the pie, put on the lid, and let it bake for 1½ hours in a quick oven. In the meantime, take a pint of gravy, the oyster liquor, a gill of red wine, and a little grated nutmeg. Mix all together with the yolks of 2 or 3 eggs, finely beaten, and keep stirring it the same way all the time. When it boils, pour it into the pie; put on the lid again, and serve it to table.

## LAMB, TO ROAST OR BOIL

A quarter of an hour is generally allowed to each pound of meat. A leg of lamb of 5 pounds will therefore take 1¼ hours to roast or boil, the other joints in the same proportion. Serve either with salad, pickles, brocoli, cauliflowers, string beans, peas, potatoes, or cucumbers, raw or stewed.

## LAMB SHOULDER, GRILLED

Boil it; score it in checkers about an inch square, rub it over with the yolk of an egg; pepper and salt it; strew it with bread crumbs and dried parsley, or

sweet herbs; grill, or broil it over a clear fire, or put it in a Dutch oven till it is a nice light brown; send up some gravy with it, or make a sauce for it of flour and water well mixed together with an ounce of fresh butter, a tablespoonful of mushroom or walnut catsup, and the juice of  $\frac{1}{2}$  lemon. Breasts of lamb are often done in the same way, and with mushroom or mutton sauce.

### LAMB STEAKS, FRIED

Fry them of the nicest brown. When served, throw over them a good quantity of crumbs of bread fried, and crisped parsley. Or you may season them and broil them in buttered papers, either with crumbs and herbs, or without, according to taste.

### MARROW BONES

Chop the bones at each end so as to stand steady; then wash them clean; saw them in halves; cover the top with a floured cloth. Boil them and serve with dry toast.

### MEAT CROQUETTES

- 1 pint of chopped cooked meat,
- 1 teaspoonful of salt,
- 1 cup of thick cream sauce (use double quantity of flour to make it thick),



1 teaspoonful of lemon juice,  
a few grains of Cayenne pepper,  
1 tablespoonful Worcestershire sauce,  
2 eggs.

After heating the meat in the cream sauce, add the seasonings and well-beaten egg; then set aside to cool, after which shape into cones, cover with bread crumbs, diluted egg and crumbs, and cook in smoking hot fat.

For chicken croquettes mix equal parts of chopped chicken, sweetbreads, calf brains or veal, with the thick cream sauce and proceed as for meat croquettes.

## MUTTON, BREAST, ROASTED WITH WINE

Skin and bone a breast of mutton; then roll it up in a collar like a breast of veal. Roast it, and baste it with  $\frac{1}{2}$  pint of red wine. When you have used up all the wine, finish basting with butter. Have a little good gravy in readiness, and when the mutton is done, set it upright in a dish; pour in the gravy; prepare sweet sauce the same as for venison, and send it up to table without any garnish.

## MUTTON CHOPS

Cut the chops off a loin or the best end of a neck of mutton, pare off the fat, dip them into a beaten

egg, and strew over them grated bread, seasoned with pepper, salt, and some finely-minced parsley; fry them in a little butter, and lay them upon the back of a sieve to drain before the fire. Thicken about  $\frac{1}{2}$  pint of gravy, add a tablespoonful of catsup, and 1 of Port wine; put the gravy into the dish, and lay in the chops; garnish with fried parsley or cut lemon.

### MUTTON CHOPS, BAKED

Cut a neck of mutton into neat chops, season them with salt and pepper, butter a dish, lay in the chops and pour over them a batter made of 1 quart of milk, 4 eggs beaten up, 4 tablespoonfuls of flour, and a little salt. An hour will bake them.

### MUTTON, ROLLED

Bone a shoulder of mutton carefully, so as not to injure the skin, cut all the meat from the skin, mince it small, and season it highly with pepper, nutmeg, and a clove, some parsley, lemon thyme, sweet marjoram, and a pounded onion, all well mixed, together with a well-beaten yolk of an egg; roll it up very tightly in the skin, tie it round, and bake it in an oven 2 or 3 hours, according to the size of the mutton. Make a gravy of the bones and parings, season with an onion, pepper and salt, strain and

thicken it with flour and butter; add vinegar, mushroom catsup, soy, and lemon-pickle, a tablespoonful of each, and a teacupful of Port wine; garnish with forcemeat balls, made of grated bread, and part of the mince.

### MUTTON SHOULDER, BAKED

Lard a shoulder of mutton with streaked bacon; put it into an earthen stewpan proportioned to the size of the joint of meat, with 2 or 3 slices of onions, a parsnip and carrot sliced, 1 clove of garlic, 2 cloves, half a bay leaf and some basil; add about  $\frac{1}{4}$  pint of water or stock (stock is the best), some salt and pepper; put the meat into the sauce, and set it in an oven. When the meat is done, strain the sauce through a sieve, and skim it, squeezing the vegetables so as to make a thickening for your sauce. Serve the sauce with the meat.

### MUTTON SHOULDER, STEWED

Bone a shoulder of mutton with a sharp knife, and fill the space with the following stuffing: grated bread, minced suet, parsley, pepper, salt, and nutmeg, mixed with the yolks of two well-beaten eggs. Sew or fasten it with small skewers; brown it in a

frying-pan with a bit of butter. Break the bone, put it into a saucepan, with some water, an onion, pepper, salt, and a bunch of parsley; let it stew till the strength be extracted; strain and thicken it with butter rolled in flour; put it, with the mutton, and a glass of Port wine, into the saucepan; cover it closely, and let it stew gently for 2 hours. Before serving, add 2 tablespoonfuls of mushroom catsup. Garnish with pickles.

### ROAST YOUNG PIG

Take a young pig about 3 weeks old, rub with butter, fill with dressing and roast from 1½ to 2 hours. Baste it often with olive oil.

Dressing: Take 5 ounces of stale bread crumbs, mince fine a handful of sage; add a large chopped onion, add a beaten egg, butter the size of an egg and salt and pepper to taste. Fill the pig and sew it up. Serve whole with an apple in its mouth.

### TO FRY TRIPE

Cut it into bits 3 or 4 inches square; make a batter thicker than for pancakes, of 3 eggs beaten up with flour and milk, a little salt, pepper, and nutmeg; dip in the tripe, and fry it in butter, or fresh dripping, of a light brown color. Serve it garnished with parsley. Sauce: Melted butter with lemon-pickle in it.

## TRIPE, TO BOIL

Clean it extremely well, and take off the fat; let it lie a night in salt and water; again wash it well, and let it lie in milk and water for the same length of time; then cut it into small pieces, roll and tie them with thread; put them, with a clean-washed marrow bone, into a linen bag; tie it closely and put it into a stewpan that has a cover to fit quite closely, fill it up with water, and let it boil gently for 6 hours. Take the tripe out of the bag, put it into a jar, and pour over it the liquor in which it was boiled. When to be dressed, boil some whole small onions in a part of the liquor, and a little salt, then put in the tripe and beat it thoroughly.

Or it may be fried in butter fricasséed, or stewed in a brown sauce.

Instead of being boiled in a bag, the tripe may be put, with some salt and whole pepper, into a stoneware jar, which must have a piece of linen tied over it, and a plate laid upon the top. The pot should always be kept full of boiling water, taking care that it does not boil into the jar.

## TRIPE PIE

Lay into the bottom of a dish some thinly-sliced cold or raw ham, then put in a layer of tripe with the jelly adhering to it, season with pepper and salt,

and add a bit of butter; fill the dish in this manner, and put in a few tablespoonfuls of brown stock; cover the dish with puff paste. A beefsteak may be substituted for the ham, laid into the bottom, and the dish filled up with tripe.

### TO ROAST TRIPE

Cut the tripe into two oblong pieces; make a forcemeat of bread crumbs and chopped parsley, seasoned with pepper and salt; bind it with the yolks of two eggs; spread it upon the fat side of the tripe, and lay on the other fat side. Then roll it very tightly, and tie it with packthread. Roast, and baste it with butter. It will take 1 hour, or 1½ hours. Serve it with melted butter, into which put a tablespoonful of catsup and one of lemon-pickle.

### TRIPLE, BREADED

Cut your tripe into small square pieces, and give them a few turns in some butter, with parsley, salt and pepper; roll each bit in grated bread, and broil them slowly. When done, serve them with slices of lemon.

### TRUFFLES TOURTE

Take 2 pounds of fine truffles, wash and pick them; put them into a stewpan, with 6 thin slices of ham,

a very little carrot, a sliced onion, a bay leaf, sweet herbs in powder, salt and Champagne; lay rashers of bacon over the whole, and stew them to nearly a jelly. When cold, put the truffles into a crust with all the seasoning; bake the *tourte*, and serve as usual.

## SWEETBREADS FULL DRESSED

Parboil them, and let them get cold. Then cut them in pieces, about  $\frac{3}{4}$  inch thick; dip them in the yolk of an egg, then in fine bread crumbs (some add spice, lemon-peel, and sweet herbs). Put some clean dripping into a frying pan. When it boils, put in the sweetbreads, and fry them a fine brown. For garnish, crisp parsley and for sauce, mushroom catsup and melted butter, or anchovy sauce, or bacon or ham.

## SWEETBREADS, SMALL CASES OF COLLOPS OF

Blanch and parboil some sweetbreads; cut them into small collops. Then chop separately, and finely,  $\frac{1}{2}$  pint of mushrooms, a little parsley, and 4 or 5 shallots; add a little fat bacon rasped, and a piece of fresh butter; season the collops with pepper, salt and a little mace; stew it all together over a slow fire. When done, drain off the fat, place

the collops in small paper cases, which have been fried in olive oil, cover them with plenty of fried bread crumbs; lay the paper cases for a moment into the oven, and before serving, pour into each a little rich gravy, and a little lemon-juice.

### TO STEW TONGUE

Wash it very clean, and rub it well with common salt and a little saltpeter; let it lie 2 or 3 days, and then boil it till the skin will pull off. Put it into a saucepan, with part of the liquor it has been boiled in, and a pint of good stock. Season with black and Jamaica pepper, and 2 or 3 pounded cloves; add a glass of white wine and a tablespoonful of mushroom catsup, and 1 of lemon-pickle; thicken the sauce with butter rolled in flour, and pour it over the tongue.

### A SALT RELISH

Cut salt pork into thin slices; fry them till crisp; take them out and pour a little water to the fat; dredge in a little flour, and put in a little pepper. Then cut up the pork in mouthfuls and put to this gravy.

### VENISON

The choice of venison should be regulated by the appearance of the fat, which, when the venison is



young, looks thick, clear, and close. As it begins to change first towards the haunches, run a knife into that part. If tainted, you will perceive a rank smell, and it will have a green or blackish appearance.

If you wish to preserve it, you may by careful management and watching, keep it for a fortnight by the following method: Wash it well with milk and water very clean, and dry it perfectly with cloths until there is not the least damp remaining; then dust powdered ginger over every part. This is a good preventive against the fly. When to be dressed, wash it with a little lukewarm water, and dry it. Pepper should also be added to keep it.

## VENISON COLLOPS

These are dressed in the same manner as mince collops of beef, only that, in place of the seasoning of the collops of beef, they have a little pepper, salt and some Port wine.

## VENISON HASHED

(1)

If you have enough of its own gravy left, it is preferable to any to warm it up in. If not, take some of the mutton gravy, or the bones and trim-

mings of the joint (after you have cut off all the handsome slices you can to make the hash); put these into some water, and stew them gently for 1 hour; then put some butter into a stewpan; when melted, put to it as much flour as will dry up the butter, and stir it well together; add to it by degrees the gravy you have been making of the trimmings, and some red currant jelly: give it a boil up; skim it; strain it through a sieve, and it is ready to receive the venison. Put it in, and let it just get warm. If you let it boil, it will make the meat hard.

## VENISON HASHED

(2)

Warm it in its own gravy; if there is no fat left, take some slices of mutton fat, set it on the fire with a little Port wine and sugar, and let it simmer till dry. Then add it to the meat.

## VENISON HASHED

(3)

Take some anchovies, boil them till they are dissolved, then add some oysters with their liquor, a little milk, some red wine, and a little catsup; put in your venison, let it warm in this, but do not let it boil, and serve it with fried sippets, and the sauce, etc., over it.

## MOCK VENISON

Hang up, for several days, a large fat loin of mutton; then bone it, and take off all the kidney fat, and the skin from the upper fat; mix together 2 ounces of brown sugar, and 1 ounce of ground black pepper. Rub it well into the mutton; pour over it 2 or 3 wine glasses of Port wine; keep it covered with the skin; rub and turn it daily for 5 days. When to be roasted, cover it with the skin, and paper it the same way as venison is done. Serve it with made gravy, and the same sauces as for venison.

## VENISON PASTY

Cut a neck or breast into small steaks, rub them over with a seasoning of sweet herbs, grated nutmeg, pepper, and salt; fry them slightly in butter; line the sides and edges of a dish with puff paste, lay in the steaks, and add  $\frac{1}{2}$  pint of rich gravy made with the trimmings of the venison; add a glass of Port wine, and the juice of  $\frac{1}{2}$  lemon, or teaspoonful of vinegar; cover the dish with puff paste, and bake it nearly 2 hours. Some more gravy may be poured into the pie before serving it.

## VOL-AU-VENT

(1)

Cut some cold turkey or veal into small thin slices; season it with dried lemon-peel, grated pepper, pounded mace, and salt; add 1 anchovy, some garlic and onion pounded, also a little good gravy, a tablespoonful of lemon-pickle, 1 of white wine, and 1 ounce of butter rolled in flour. Then make it quite hot, but do not allow it to boil, and serve it in the prepared *vol-au-vent*. The gravy may be made with the bones, or a little cream, and the beaten yolk of an egg may be substituted for the cream.

## VOL-AU-VENT

(2)

In opening the oysters, separate them from the liquor, which must be strained; take off the beards, and add to them the liquor, together with some white stock, a bit of butter rolled in flour, 2 or 3 blades of mace, a bit of lemon-peel, pepper, and salt; simmer them for 15 or 20 minutes, and a little before putting them into the *vol-au-vent*, pick out the lemon-peel, add a tablespoonful of white wine, and three of good cream, and make it quite hot. To make oyster patties, when they are to be bearded, cut them into 3 or 4 bits, and prepare them in the same manner.

## VOL-AU-VENT

(3)

Roll off tart paste, till about  $\frac{1}{8}$  inch thick. Then, with a tin cutter made for that purpose (about the size of the bottom of the dish you intend sending to table) cut out the shape, and lay it on a baking-plate with paper; rub it over with yolk of egg; roll out good puff paste an inch thick, stamp it with the same cutter, and lay it on the tart paste; then take a cutter 2 sizes smaller, and press it in the center nearly through the puff paste; rub the top with yolk of egg, and bake it in a quick oven about 20 minutes, of a light brown color. When done, take out the paste inside the center mark, preserving the top, put it on a dish in a warm place, and when wanted, fill it with a white fricassée of chicken, rabbit, ragoût of sweetbread, or any other *entrée* you wish.

## WINTER HOTCH-POTCH

Take the best end of a neck or loin of mutton; cut it into neat chops; cut 4 carrots, and as many turnips into slices; put on 4 quarts of water, with half the carrots and turnips, and a whole one of each, with a pound of dried green peas, which must be put to soak the night before. Let it boil 2 hours, then take out the whole carrot and turnip; bruise

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and return them; put in the meat, and the rest of the carrot and turnip, some pepper and salt, and boil slowly  $\frac{3}{4}$  hour. A short time before serving, add an onion cut small and a head of celery.

### VEAL CHEESE

Prepare equal quantities of sliced boiled veal and smoked tongue, boiled, skinned, and sliced.

Pound each separately in a mortar, moistening with butter as you proceed.

Then take a stone jar, or tin can, and mix them in it, so that it will, when cut, look mottled and variegated. Press it hard and pour on melted butter. Keep it covered in a dry place. To be used at tea in slices.

### VEAL, COLD DRESSED

Mince finely the fat and lean of cold roast veal; season it with grated nutmeg, lemon-peel, pepper, and salt; moisten it with a little rich white stock, and a beaten egg; butter a pudding shape, put in the mince, and press it firmly; cover it closely, and set it into a pan of boiling water; let it boil 1 or 2 hours. Serve it with a white gravy thickened, or when turned out of the shape, rub it over the top with the beaten yolk of an egg; sift bread crumbs

thickly over, and brown it in a Dutch oven; baste it with a little melted butter. Garnish with fried parsley or cut lemon.

## VEAL CONES

Mince small  $1\frac{1}{2}$  pounds of cold veal, 2 ounces of butter, and a slice of lean ham; pound them in a mortar, and mix, in 5 tablespoonfuls of cream, 2 teaspoonfuls of pepper, 1 of salt, and some grated lemon-peel. Make it up into cones about 3 inches high; rub them over with an egg beaten up, sift grated bread over them, and fry them of a light brown color; put fried bread crumbs into the dish, and place the cones upon them, or serve them with a brown gravy instead of crumbs. Cold fowl, turkey, or rabbit make good cones. Half the ingredients will be sufficient for a corner dish.

## VEAL CUTLETS

### (1)

Cut a neck of veal into cutlets, or take them off a leg. Season two well-beaten eggs with pounded mace, nutmeg, salt, pepper, and finely-chopped sweet marjoram, lemon thyme, and parsley; dip the cutlets into it, sift over them grated bread, and fry them in clarified butter. Serve with a white sauce, forcemeat balls, and small mushrooms. Garnish with fried parsley.

## VEAL CUTLETS

(2)

Cut a neck of veal into thin cutlets, and beat them; brown some butter with an onion and some parsley chopped small. Dip the cutlets into the butter, and then into finely-grated bread, seasoned with pepper and salt; broil them of a brown color; mince the peel of  $\frac{1}{2}$  orange pared very thin; add it and a grate of ginger to some good thickened gravy, and pour it hot upon the cutlets.

## VEAL FORCEMEAT

Of undressed lean veal (after you have scraped it quite fine, and free from skin and sinews), 2 ounces, the same quantity of beef or veal suet, and the same of bread crumbs; chop fine 2 drachms of parsley, 1 of lemon-peel, 1 of sweet herbs, 1 of onion, and  $\frac{1}{2}$  drachm of mace, or allspice, beaten to fine powder; pound all together in a mortar; break into it the yolk and white of an egg; rub it all up well together, and season it with a little pepper and salt. This may be made more savory by the addition of cold boiled pickled tongue, anchovy, eschalot, Cayenne or curry powder, etc.



## VEAL ROLL

Bone a small breast of veal, and spread over it a rich and highly seasoned forcemeat. Cut 4 hard-boiled eggs the long way into 4 pieces, and lay them in rows, with green pickles between each row. Roll up the veal tightly, and sew it; then put it into a cloth, and bind it with tape. Lay a slice of ham over it, and put it into a saucepan, together with some strong stock, and a little whole pepper, and stew it for 3 hours. Make a rich gravy, and boil it up with a little white wine and lemon-juice or lemon-pickle; pour it over the veal; add some egg and forcemeat balls, and garnish with cut green pickles. This dish is very good when cold.

## VEAL SAUSAGES

Take equal quantities of lean veal and fat bacon, a handful of sage, and a few anchovies. Beat all in a mortar, and season well with pepper and salt. When wanted for use, roll and fry it, and serve either with fried sippets or on stewed vegetables, or white collops.

## VEAL, FILLET, STEWED

Bone, lard, and stuff a fillet of veal; half roast, and then stew it with 2 quarts of white stock, 1 tea-

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spoonful of lemon-pickle and 1 of mushroom catsup. Before serving, strain the gravy, thicken it with butter rolled in flour, add a little Cayenne, salt, and some pickled mushrooms; heat it, and pour it over the veal. Have ready 2 or 3 dozen of forcemeat balls to put round it and upon the top. Garnish with cut lemon.

### VEAL SÉMELLES

Cut part of a fillet of veal into slices an inch thick, season them with salt and pepper, and give them a few turns in a little butter, with a bay leaf. Lay at the bottom of a deep saucepan a very thin slice of bacon and on it 1 of the slices of veal, and continue to lay them in alternately, until the whole are used, then add a glass of water and some bay leaves; close the saucepan very tight, first putting a sheet of paper over the meat; stew it on hot ashes for 4 or 5 hours; take care to keep the fire up to the same point all the time.

### VEAL SWEETBREADS, ROASTED

Trim off the tough part, and blanch for 3 minutes in a stewpan of water, with a little salt, 3 heart sweetbreads; then take them out, and put them into

a basin of cold water till cool; have an egg beat up in a dish, some bread crumbs and clarified butter, run a skewer through the sweetbreads, and fasten them on the spit; egg them all over, shake some bread crumbs over, then sprinkle clarified butter over, and then bread crumbs again; put them down to roast again for  $\frac{1}{4}$  hour, then take them off the skewer, and serve them on a dish over a little butter sauce, mixed with a spoonful of gravy, a small bit of glaze, and a squeeze of lemon-juice. Let it be hot, but not boiling, and thoroughly well mixed before it is served under the sweetbreads.

## VELOUTÉ

Take the cuttings and remains of any joints of veal and fowl you may have in the house, of which take 4 pounds, and put into a large stewpan, with some carrots, onions, parsley, scallions, 3 bay leaves, 3 cloves, and a ladleful of stock; put your stewpan on a fierce fire, skim it well, and take care that the meat does not stick. When sufficiently reduced, add as much stock as will nearly fill the stewpan, salt it well; give it a boil, skim it, and then put it on the side of the fire to simmer for 2 hours, after which strain it through a tammy. Make a white sauce, stir into it for 10 minutes a few champignons; then pour on it, a little at a time, the above liquor;

let it boil up once, skim it, and set it again by the side of the fire for  $1\frac{1}{2}$  hours; take off all the fat, strain it again, and then put it by for use. Take care that the *velouté* is not in the least colored, as the whiter it is the better.

## BAKED PORK AND BEANS

For a family of 6 or 7, take 1 quart of white beans, wash them in several waters, and put them into 2 or 3 quarts over night. In the morning (when it will be easier to cull out the bad ones, than before they were soaked), pick them over, and boil them until they begin to crack open; then put them into a brown pan, such as is made for the purpose. Pour upon them enough of the water they were boiled in, almost to cover them. Cut the rind of about a pound of salt pork into narrow strips; lay it on the top of the beans, and press it down so that it will lie more than half its thickness in the water. Bake several hours; 4 or 5 is not too much. More water may be necessary, before they are done.

Many persons think it a decided improvement to put in a large spoonful or 2 of molasses. It is a very good way.

Those who object to the use of pork, can have a very good dish of beans, by substituting 2 tablespoonfuls of nice beef-drippings, and adding 2 teaspoonfuls of salt.

To heat over baked beans, put them in a spider with a little water; heat them slowly at first, and cover close. If they are too moist, remove the cover and stir them often.

## Poultry and Game

### CAPON

Take a quart of white wine, season the capon with salt, cloves, and whole pepper, a few shallots; and then put the capon in an earthen pan. You must take care it has not room to shake. It must be covered close, and done over a slow fire.

### CHICKEN, BROILED

Split a couple of chickens, take out the inside and backbones, beat them with a wooden spoon, dip them in clarified butter, and broil them, the inside next the fire (which should be of charcoal), and only turn them to color them. When done, pour on them a sauce made as follows: Boil some stewed mushrooms with beef stock and plain sauce, an equal quantity of each, until of a proper consistency; flavor it with lemon-juice and Cayenne pepper.

### CHICKEN CRÊME

Parboil a couple of young chickens, cut them in pieces, and throw into warm water for  $\frac{1}{2}$  hour. Then

do them over the fire in a little fresh butter, with salt, parsley, pepper, morels, etc., sprinkle with flour, and dilute with a glass of boiling water; cover the stewpan close, and let it stand on hot ashes until the water has soaked into the chicken; then add  $\frac{1}{2}$  pint of cream and a little butter. The yolks of three eggs may be put in also, but in that case, a small quantity of verjuice should be put in before the cream.

## CHICKEN CURRY

Take the skin off, cut up a chicken, and roll each piece in curry-powder and flour (mixed together a spoonful of flour to  $\frac{1}{2}$  ounce of curry); fry 2 or 3 sliced onions in butter. When of a light brown put in the meat and fry them together till the meat becomes brown; then stew them together with a little water for 2 or 3 hours. More water may be added if too thick.

## CHICKEN BAKED IN RICE

Cut a chicken into joints as for fricassée, season it well with pepper and salt, lay it into a pudding dish lined with slices of ham or bacon, add 1 pint of veal gravy, and 1 onion finely minced; fill up the dish with boiled rice well pressed and piled as high as the dish will hold; cover it with a paste

of flour and water; bake it 1 hour, and before serving take off the paste.

## CHICKENS FRICASSÉE

Prepare and cut up two chickens; put them in a stewpan with some butter, parsley, a bay leaf, thyme, basil, 2 cloves, mushrooms, and a slice of ham; let them stew till scarcely any sauce remains, then add a little flour, warm water, salt and pepper; stew it again and reduce the sauce. When nearly done put in the yolks of 3 eggs beaten up with a little cream or milk; thicken it over the fire, but do not let it boil; a small quantity of lemon-juice or vinegar may be added. Place the breasts and bones of the chickens on a dish, lay the legs and wings over them, and then pour the sauce over the whole; garnish with the mushrooms. Take off the skins before you cut up the chickens if you wish the fricassée very white.

## CHICKEN PIE

Parboil, and then cut up neatly 2 young chickens; dry them; set them over a slow fire for a few minutes; have ready some veal stuffing or forcemeat, lay it at the bottom of the dish, and place in the chickens upon it, and with it some pieces of dressed ham; cover it with paste. Bake it from 1½ to 2 hours. When sent to table, add some good gravy,



well seasoned, and not too thick. Duck pie is made in like manner, only substituting the duck stuffing instead of the veal. The above may be put into a raised French crust and baked. When done, take off the top, and put a ragoût of sweetbread to the chicken.

## CODDLED BIRDS

Split birds down the back; pepper and salt them and put breast down in the pan. Pour over them 1 cup of boiling water and on each bird put a piece of butter 1 inch square. After this melts pour over them the following:

Put into a tumbler the juice of 1 lemon, 2 table-spoons Worcestershire sauce and enough sherry or Port to fill glass.

Let them simmer slowly in oven for 1 hour; then add 2 small cans of mushrooms and cook on until ready: 2 hours for 1 dozen.

Before taking up add 1 cup of cream, or milk thickened with flour.

## DUCK PIE

Scald a couple of ducks, and make them very clean; cut off the feet, pinions, necks, and heads. Take out the gizzards, livers, and hearts; pick all clean, and scald them. Pick out the fat of the in-

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side, season the ducks both inside and out, with pepper and salt, and lay them in the dish, with the giblets at each end, properly seasoned. Put in as much water as will nearly fill the pie, lay on the crust, and let it be well baked.

### ROASTED DUCKS

Select carefully a pair of tender young ducks, singe, draw and wipe dry. Rub over the ducks 1 teaspoonful of salt, mixed with  $\frac{1}{4}$  spoonful of black pepper, and stuff with potato, apple or raisin dressing; truss and lay them in roasting pan; pour over 2 ounces of melted butter; set in medium hot oven; baste frequently, and when they are a light brown, add  $\frac{3}{4}$  cup of giblet broth, which has been made from the neck and giblets of the ducks; continue to roast until done, which will require about  $1\frac{1}{2}$  hours. Serve with their own gravy.

### TREMONT DUCKLING

Quarter 2 small ducklings, dredge with flour and sprinkle with salt, brown in 2 ounces of butter, allow 10 minutes to each side. Add a small chopped onion, a cup of fresh mushrooms cut in pieces, and brown 10 minutes more; add  $\frac{1}{2}$  cup of strained tomato juice, the juice of 2 oranges, and 4 tablespoonfuls of Port wine, and 1 dozen pitted olives. Season highly with

salt and pepper, cover closely and let cook 50 minutes. Serve with contents of the frying-pan poured over the ducklings.

## WILD DUCKS

For roasting a wild duck, you must have a clear, brisk fire, and a hot spit. It must be browned upon the outside, without being sodden within. To have it well frothed and full of gravy is the nicety. Prepare the fire by stirring and raking it just before the bird is laid down, and 15 or 20 minutes will do it in the fashionable way; but if you like it a little more done, allow it a few minutes longer. If it is too much, it will lose its flavor.

## FOWL, BROILED

Split them down the back, well salt and pepper them; then broil them. Serve with mushroom sauce.

## FOWL WITH ITS OWN GRAVY

Truss a fowl the same as for boiling, lard it quite through with bacon, ham, and parsley; put it in a pan with a little butter, 2 or 3 slices of peeled lemon, a bundle of sweet herbs, 3 cloves, sliced onions, carrots, pepper, salt, a little stock, and a glass of white

wine; stew them gently till they are done; skim and strain the sauce, and serve it with the fowl.

## FOWL À LA HOLLANDAISE

Make a forcemeat of grated bread,  $\frac{1}{2}$  its quantity of minced suet, an onion, or a few oysters, and some boiled parsley; season with pepper, salt, and grated lemon-peel, and an egg beaten up to bind it. Bone the breast of a good-sized young fowl, put in the forcemeat, cover the fowl with a piece of white paper buttered, and roast it rather more than  $\frac{1}{2}$  hour; have ready a thick batter made of flour, milk, and eggs; take off the paper, and pour some of the butter over the fowl; as soon as it becomes dry add more, and do this till it is all crusted over, and of a nice brown color; serve it with melted butter and lemon-pickle, or a thickened brown gravy.

## FOWL BOILED WITH RICE

Stew a fowl in some well-skimmed clear mutton broth, and seasoned with onion, mace, pepper, and salt. About  $\frac{1}{2}$  hour before it is ready, put in  $\frac{1}{4}$  pint of rice well washed and soaked. Simmer till tender; then strain it from the broth, and put the rice on a sieve before the fire. Keep the fowl hot, lay it in the middle of a dish, and the rice round it without the

broth. The less liquor the fowl is done with, the better. Serve with gravy, or parsley and butter for sauce.

## FOWL ROASTED WITH CHESTNUTS

Roast some chestnuts very carefully, so that they may not be burnt, then take off the skins, and peel them. Take about 1 dozen of them, cut them small, and bruise them in a mortar. Parboil the liver of a fowl; bruise it, and cut about  $\frac{1}{4}$  pound of ham or bacon, and pound it. Then mix them all together, with a good quantity of chopped parsley, sweet herbs, some mace, pepper, salt and nutmeg. When these are all well mixed together, put it into your fowl, and roast it. The best way of doing this is to tie the neck, and hang it up by the legs to roast, with a string, and then baste it with butter. For sauce, take the rest of the chestnuts, peel and skin them, put them into some good gravy, with a little white wine; and thicken it with a piece of butter rolled in flour. Then place your fowl in the dish; pour in the sauce; garnish with lemon, and serve.

## GIBLET PIE

Stew the gIBLETS in a little water, with an onion stuck with 2 or 3 cloves, a bunch of sweet herbs,

some salt, and whole pepper; cut a fowl into joints, skin and wash it, season it with pepper, salt, and  $\frac{1}{2}$  onion finely minced. Take out the onion, herbs, and whole pepper; put the fowl, giblets, and gravy into a dish, add a glass of white wine, and 2 tablespoonfuls of mushroom catsup; cover the dish with puff paste, and bake it for 1 hour.

## GOOSE, ROASTED

A stubble goose should be stuffed with sage and onions, chopped small, and mixed with pepper and salt; boil the sage and onion in a little water before they are chopped, or mix a few bread crumbs with them when chopped; either will render them less strong. Place in covered pan and roast in moderate oven. A slip of paper should be skewered on the breast bone. Baste it very well. When the breast is rising, take off the paper, and be careful to serve it before the breast falls; it will be spoiled by coming to table flattened. Serve it with good gravy and apple sauce. It will take about  $1\frac{1}{2}$  hours to roast.

## HARE

As soon as the cook receives a hare, she should take out the liver, etc., wipe it well, put in a little pepper, and hang it up. When wanted for dressing, cut off the 4 legs at the first joint, raise the skin of the

back, and draw it over the hind legs; leave the tail whole, then draw the skin over the back, and slip out the 4 legs; cut it from the neck and head; skin the ears and leave them on. Clean the vent. Cut the sinews under the hind legs; bring them forward; run a skewer through one hind leg, the body, and another hind leg; do the same with the fore legs; lay the head rather back; put a skewer in at the mouth, through the back of the head and between the shoulders; put in the stuffing and tie it round with a string, passing it over the legs to keep them in their places. The hare is then ready for roasting.

## HARE, JUGGED

Having skinned a hare, cut off the shoulders and legs, and divide the back into 3 pieces; rub them well with fat bacon, and put them into a stewpan with the trimmings, allspice, mace, whole pepper, a small clove of garlic, 2 bay leaves, 3 onions, parsley, thyme, sweet marjoram, 1 quart of veal stock, and 3 gills of Port wine; simmer the whole till three parts done; then take out the shoulders, legs, and back; put them into another stewpan, strain the liquor to them, add a little flour and butter, stew them till quite done; take off the fat, season with Cayenne, salt, and lemon-juice, and serve the whole in a deep dish.

## L A R K S

These delicate little birds are in high season in November. When they are thoroughly picked, gutted, and cleansed, truss them; do them over with the yolk of an egg, and then roll them in bread crumbs; run them on a skewer; 10 or 15 minutes will be sufficient time to broil them over a quick fire; baste them with fresh butter, and sprinkle them with bread crumbs till they are well covered with them. Fry some grated bread in butter, set it to drain before the fire, that it may harden. Serve the crumbs in the dish under the larks, and garnish with slices of lemon.

## P I G E O N P I E

Chop some parsley and lemon thyme, with a few mushrooms; stew these in a little butter, into which put  $\frac{1}{2}$  dozen young pigeons, with pepper and salt in their insides, and their legs turned in; stew them for a few minutes and turn them; when they begin to fry, put in sufficient *consommé* to cover them, in which let them stew till they are well done; take them from the fire to cool; in the meantime make a good puff paste, part of which roll out, and place round the edge of a dish; lay the pigeons in with the yolks of 4 eggs, boiled hard, and pour over them  $\frac{1}{2}$  of the liquor they were stewed in; add a little pepper and



salt, then lay on the top paste, trimming it neatly round, the same as you would any other pie; on the top form a star of leaves, with a hole in the center; egg it lightly over, and put it to bake in a moderate oven, taking care that it has not too much color; when done, add to the liquor that remained from the pigeons, a little butter sauce, make it very hot, and pour it on the pie. Serve it hot, either for a remove or side dish.

### PIGEONS WITH RICE AND PARMESAN CHEESE

Pick and wash clean  $\frac{1}{2}$  dozen nice pigeons, cut them into quarters; brown some butter with flour, add to it a pint of good stock, with 3 grated onions, some pepper and salt; stew the pigeons in this till tender; take them out and mix in the juice of 1 lemon; boil and strain the sauce over the pigeons. Boil about  $\frac{3}{4}$  pound of whole rice in  $1\frac{1}{2}$  pints of stock, with  $\frac{1}{2}$  pound of fresh butter, some grated nutmeg and salt; when it is tender, add 2 handfuls of grated Parmesan cheese. Put more than  $\frac{1}{2}$  of the rice equally round the dish in which the pigeons are placed, and cover them with what remains, brush it over with a well-beaten egg, and then stew it thickly with more Parmesan; cover a flat baking-tin with salt, place the dish upon this, and bake it for nearly  $\frac{3}{4}$  hour in a slow oven. It should be of a fine gold color.

**BROILED PHEASANTS**

Clean and wash carefully, wipe dry, and broil over live coals. When done, pour melted butter over them, sprinkle with salt and pepper and a little minced parsley; serve on hot buttered toast with currant jelly.

**TO DRESS PLOVERS**

Green plovers should be dressed the same as woodcocks, without drawing, and served on a toast. Gray plovers should be stewed. Make a forcemeat with the yolks of 2 hard-boiled eggs bruised, some marrow cut fine, artichoke bottoms cut small, and sweet herbs, seasoned with pepper, salt, and nutmeg. Stuff the birds, and put them into a saucepan, with just a sufficient quantity of good gravy to cover them, 1 glass of white wine, and a blade of mace; cover them close, and let them stew very gently till they are tender; then take up the plovers, lay them in a dish, keep them hot; put a piece of butter rolled in flour, to thicken the sauce, let it boil till smooth; squeeze into it a little lemon; skim it, and pour it over the plovers.

**QUAIL**

Clean and split the birds down the back, wipe dry and dip in hot butter and sprinkle with salt and pep-

per; broil over a hot fire. Serve on hot toast dipped in melted butter that has been highly seasoned with salt and pepper.

## ROASTED STUFFED QUAIL

Make a forcemeat of 1 cup of bread crumbs, a few chopped olives, some capers, two anchovies, and seasoning of salt and paprika. Moisten this with melted butter and fill the birds. Place a few rashers of bacon in the pan, place the birds on the rashers; add another rasher to the breast of each and bake in moderate oven about  $\frac{1}{2}$  hour. Serve on toast dipped in melted butter.

## QUAILS, ROASTED

Truss the birds, and stuff them with beef-suet and sweet herbs, both shred very small, seasoned with salt, pepper, and nutmeg; fasten them to a spit, and put them to the fire; baste with salt and water when they first begin to get warm; then dredge them with flour, and baste with butter. Put an anchovy, 2 or 3 shallots, and the juice of a Seville orange into a little rich gravy; set it on the fire, shake it about, and when the anchovy is dissolved, serve it with the quails. Garnish the dish with fried bread crumbs. These birds are sometimes roasted, wrapped first in a slice

of bacon, and then in a vine-leaf. They should be kept at a moderate distance from the fire.

## QUAILS, STEWED

Put a little butter worked up with flour, and a few green onions into a stewpan; when brown, put in some quails, a glass of wine, the same of stock, parsley, some more small onions, a bay leaf, and 2 or 3 cloves; stew these till the quails are sufficiently done. Garnish your dish with cockscombs, artichoke bottoms, fried bread, etc.

## RABBIT, BROILED

Take a couple of young rabbits, cut them up, and put them to steep for a few hours in a little oil, mixed with parsley, leeks, a few mushrooms, and a clove of garlic, all shred fine, salt and pepper; roll each piece of rabbit in a rasher of bacon, and put them, with a part of the seasoning, into pieces of white paper; butter the papers inside; broil upon a gridiron over a very slow fire, and serve hot in the papers.

## RABBITS, IN A FRICASSÉE

Take 2 fine white rabbits, and cut them in pieces, by cutting off the legs, shoulders, and back; blanch

them in boiling water, and skim them for 1 minute; stir a few trimmings of mushrooms in a stewpan over the fire, with a bit of butter, till it begins to fry; then stir in a spoonful of flour; mix into the flour a little at a time, nearly a quart of good *consommé*, which set on the fire, and when it boils put the rabbits in, and let them boil gently till done; then put them into another stewpan, and reduce the sauce till nearly as thick as paste; mix in about  $\frac{1}{2}$  pint of good boiling cream, and when it becomes the thickness of *béchamel* sauce in general, squeeze it through the tammy to the rabbits; make it very hot, shake in a little cream, then serve it to table. Rabbits may also be preserved, white or brown, in the same manner as chickens.

## RABBITS, ROASTED

Truss them for roasting, and stuff them with the liver minced raw, grated bread, and ham, butter or suet, and chopped parsley, seasoned with a little lemon thyme, grated nutmeg, salt, and pepper, and bound with an egg beaten. Sew them up, and roast them before a quick fire, and baste them with butter. Serve them with gravy, or melted butter with lemon-pickle in it. Two will take 1 hour to roast. They may also be fricasséed or fried, cut into joints, with plenty of fried parsley, and served with a sauce made of the liver, and some parsley chopped, and mixed in

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melted butter, with a little pepper and salt, or made into a pie the same as chickens.

### SQUABS, BAKED

Clean and wipe 6 squabs. Stuff with the following dressing and truss with small skewers:

To 1 cup of bread crumbs add 2 tablespoonfuls of finely-minced salt pork, a cup of chopped mushrooms moistened with a little of their liquor, and seasoned with  $\frac{1}{2}$  teaspoonful of salt and  $\frac{1}{4}$  teaspoonful of pepper; put this mixture into the birds, and roast until done, basting frequently with equal parts of melted butter and water or white wine.

### SQUABS, ROASTED

Prepare the birds as for roast chicken. Into each put a little salt, a rasher of bacon, and a teaspoonful of sherry. Set in a pan and roast in a quick oven. Just before serving, make a *gravy* by adding  $\frac{1}{2}$  cup of currant jelly to the essence in the pan, a tablespoonful of butter, a grating of nutmeg, and a few drops of orange juice. Bring this to a boil and pour over the squabs.

**TURKEY, HASHED**

(1)

Cut up the remains of a roasted turkey, put it into a stewpan, with a glass of white wine, chopped parsley, shallots, mushrooms, truffles, salt and pepper, 2 spoonfuls of cullis, and a little stock; boil  $\frac{1}{2}$  hour, and reduce to a thick sauce; when ready, add a pound of anchovy, and a squeeze of lemon; skim off all the fat from the sauce, and serve all together.

**TURKEY, HASHED**

(2)

Stir a piece of butter rolled in flour into some cream, and a little veal gravy, till it boils up; mince some cold roasted or boiled turkey, but not too small; put it into the sauce, add grated lemon-peel, white pepper, pounded mace, a little mushroom catsup or mushroom powder; simmer it up, and serve. Oysters may be added.

**ROASTED TURKEY**

It may be either stuffed with sausage meat, or stuffing the same as for fillet of veal. As this makes a large addition to the size of the bird, take care that the heat of the fire is constantly to that part,

as it frequently happens that the breast is not sufficiently done. A strip of paper should be put on the bone to prevent its scorching, while the other parts are roasting. Baste well, and froth it up. Serve with gravy in the dish, and bread sauce in a sauce-tureen. A few bread crumbs, and a beaten egg should be added to the stuffing of sausage meat.

### TURKEY, STUFFED WITH SAUSAGES AND CHESTNUTS

Roast what quantity of chestnuts you think necessary, peel them, and pound a part of them to make a *farce*, with the liver, chopped parsley, shallots, a little salt and pepper, a bit of butter, and the yolks of 3 raw eggs; put this *farce* into the crop, and stuff the body with the whole chestnuts, and small sausages, first fried in butter till about half done; cover the turkey with slices of bacon, and put paper over that, then roast it, and serve with a chestnut cullis.

### WILD GOOSE

Parboil a well-cleaned goose from 30 minutes to 1 hour. Drain and stuff with chopped celery, mashed potato, minced fat pork well seasoned with chopped onion, salt and pepper and moistened with melted butter or beef stock. Sew up, truss and set in moderate oven. Baste frequently with equal parts hot water



and melted butter, and let roast 3 hours, or until done. Serve with giblet sauce.

## WOODCOCKS

The greatest possible care should be taken, in picking of these birds, to handle them as little as possible, on account of the skin being so particularly tender, that when broken it spoils the beauty of the bird. When picked, cut off the pinions at the first joint, press the legs close to the side, through which, and the body, pierce the beak of the bird; then cross the feet, and lay a slice of bacon over the breast. Woodcocks and snipes may be dressed according to the same rules.

## WOODCOCK SALMIS

Cut up the woodcock on the table, and put the pieces on a dish, which place on a stand, with a lamp under it, add pepper, salt, shred shallots, nearly a glass of white wine, the juice of 3 lemons, and a bit of butter; strew raspings over, and boil slowly for 10 minutes, stirring occasionally. Use spirits of wine for your lamp.

## WOODCOCKS IN A MINUTE

Put a brace of woodcocks into a frying-pan, with some butter, shred shallots, grated nutmeg, salt, and

pepper; set the pan on a fierce fire, and fry the woodcocks lightly for 7 or 8 minutes; then add the juice of 2 lemons,  $\frac{1}{2}$  glass of white wine, and some raspings, and leave them on the fire till the sauce has boiled up once; then serve altogether.

## WOODCOCKS IN GRAVY

Take a pound of lean beef, cut it into pieces, and put it into a saucepan, with 2 quarts of water, an onion stuck with cloves, 2 blades of mace, and some whole pepper; boil all these together till reduced to half. Then strain it off into another saucepan; draw the woodcocks, and lay the trail in a plate; put the woodcocks into the gravy, and let them boil in it for 12 minutes; while they are boiling, mince the trail and liver very small; put them into a small saucepan, with a little mace; add 4 or 5 spoonfuls of the gravy the woodcocks are boiled in; then take the crumb of a stale roll, rub it fine into a dish placed before the fire, and put to the trail, in the small saucepan,  $\frac{1}{2}$  pint of red port, a bit of butter, rolled in flour, set it on the fire, and shake it round till the butter is melted; then put in the bread crumbs, and shake the saucepan round; lay the woodcocks in the dish, pour the sauce over them, and serve.

## Sauces for Meats, Poultry, Fish and Game

### ANCHOVY SAUCE

Pound 3 anchovies in a mortar with a little bit of butter; rub it through a double hair-sieve with the back of a wooden spoon, and stir it into almost  $\frac{1}{2}$  pint of melted butter; or stir in a tablespoonful of essence of anchovy. To the above, many cooks add lemon-juice and Cayenne.

### BEEF-GRAVY SAUCE, OR BROWN SAUCE

*(For Ragoût, Game, Poultry, Fish, Etc.)*

Place in the stewpan a thin slice of salt pork, or an ounce of butter, and a middling sized onion; on this lay a pound of nice, juicy beef; cover the stewpan, and set it on a slow fire; when the meat begins to brown, turn it about, and let it get slightly browned (but take care it is not at all burned); then pour in  $1\frac{1}{2}$  pints of boiling water; set the pan on fire; when it boils, carefully catch the scum, and then put in a crust of bread toasted brown (don't

burn it), a sprig of winter savory, or lemon thyme and parsley, a roll of thin-cut lemon-peel, a dozen berries of allspice, and a dozen of black pepper. Cover the stewpan close, and let it stew very gently for about 2 hours, then strain it through a sieve into a basin. If you wish to thicken it, set a clean stewpan over a slow fire, with about an ounce of butter in it; when it is melted, dredge to it, by degrees, as much flour as will dry it up, stirring them well together; when thoroughly mixed, pour in a little gravy, stir it well together, and add the remainder by degrees; set it over the fire, let it simmer gently for 15 minutes longer, skim off the fat, etc., as it rises; when it is about as thick as cream, squeeze it through a fine sieve, and you will have a fine rich Brown Sauce.

## CREAM SAUCE

*(Or White Sauce)*

- 1 tablespoonful of butter,
- 1 tablespoonful of flour,
- 1 cup of water.

Melt butter and flour together, then add water and let cook, stirring constantly until it thickens like cream. Season with  $\frac{1}{4}$  teaspoonful salt and  $\frac{1}{8}$  of pepper.

## CHESTNUT SAUCE FOR ROAST TURKEY

Scald a pound of good chestnuts in hot water for 5 minutes, skin them, and stew them slowly for 2 hours in white stock, seasoned and thickened with butter and flour. Cut a pound of pork sausages into bits about 1 inch long, dust them with flour, and fry them a light brown; lay them into the dish on which the turkey is to be served, and pour the chestnuts and sauce over them. Some people prefer the fried sausages stewed a little with the chestnuts; but this method makes the sauce of a darker color.

## CURRENT SAUCE FOR VENISON

Boil in water for a few minutes an ounce of nicely-chopped currants, add 3 tablespoonfuls of grated bread, a piece of butter the size of a walnut, 4 cloves, and a glass of Port wine; stir it till it boils, and serve it hot.

## BROWN SAUCE

Take 1 or 2 pounds of round steak, 2 or 3 pounds of veal, some pickings of fowl, carrots, and onions; put all these into a saucepan with a glass of water,

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and set it on a brisk fire; when scarcely any moisture remains, put it on a slow fire, that the jelly may take color without burning; and as soon as it is brown, moisten it with stock (or water), add a bunch of parsley and green onions, 2 bay leaves, 2 cloves, and some champignons, salt it well, and set it on the fire for 3 hours, then strain.

### DRAWN BUTTER

Rub 2 tablespoonfuls of butter with 2 tablespoonfuls of flour, heat until boiling point, throw in 1 tablespoonful of minced parsley and serve at once.

### EGG SAUCE

Pound in a mortar 3 hard yolks of eggs; then put them into a basin, and add  $\frac{1}{2}$  tablespoonful of made mustard, and a little pepper and salt; pour to it by degrees, stirring it fast all the while, about 2 wine-glassfuls of salad oil; stir it together till it comes to a good thickness.

A little tarragon or chervil minced very fine, and a little vinegar, may be added.

### FISH GRAVY

Put some slices of onion into a stewpan, and set them on the fire; when they are completely dissolved,

add a piece of butter, and some small fish, or pieces of carp, tench, perch or any other you find convenient. As soon as they begin to dissolve, and give out their moisture, put a glassful of root broth to them, and boil them for  $\frac{1}{2}$  hour; then add a glass of white wine, and a little lemon-juice, and boil it another  $\frac{1}{2}$  hour, when it may be passed through a sieve, with great force.

### GIBLET SAUCE

Boil giblets and when done mince fine, add this to the gravy in the roasting-pan and thicken with browned flour; when this comes to a boil, add a tablespoonful of Port wine, if desired.

### HORSERADISH SAUCE, TO EAT WITH HOT OR COLD MEAT

Mix 1 teaspoonful of mustard, 1 tablespoonful of vinegar, and 3 of cream; add a little salt, and as much finely-grated horseradish as will make the sauce the consistence of onion sauce.

### SAUCE FOR FISH

A tablespoonful of anchovy juice, 1 of soy, and 2 of mushroom catsup, mixed in  $\frac{1}{4}$  pound of melted butter.

## MINT SAUCE

(1)

Wash and pick some green mint ; add, when minced, a tablespoonful of the young leaves, to 4 of vinegar, and put it into a sauce-tureen, with a teaspoonful of brown sauce.

## MINT SAUCE

(2)

To 1 cup of vinegar add 4 tablespoonfuls of chopped mint and 2 of sugar. Let stand some time before using.

## MOCK OYSTER SAUCE

Put into a saucepan 2 or 3 chopped anchovies,  $\frac{1}{4}$  pint of water, a little mace, and 1 or 2 cloves ; let them simmer till the anchovies be quite dissolved. Strain it, and when cool, add a teacupful of cream ; thicken it with a piece of butter rolled in flour, and heat it up. It may be poured over boiled fowls or veal.

## MUSHROOM SAUCE FOR BOILED TURKEY OR FOWL

Pick clean and wash a pint of small mushrooms, rub them with flannel, put them into a saucepan with



a blade of mace, a little salt, grated nutmeg, a piece of butter rolled in flour, and 1 pint of cream; keep stirring them till they boil; then pour them round the turkey, fowl, or chicken.

## MUSHROOM SAUCE

Peel some mushrooms, and throw them into a little water and lemon-juice, to keep them white. Put into a stewpan  $\frac{2}{3}$  of ordinary white sauce, and  $\frac{1}{3}$  of good veal stock, 2 tablespoonfuls of finely-chopped mushrooms, and  $\frac{1}{2}$  tablespoonful of washed and chopped shallots; let it boil till well flavored, and then serve it. The mushrooms should be as white as possible.

## LOBSTER SAUCE

Choose a fine spawny hen lobster; be sure it is fresh, pick out the spawn and the red coral, add to it  $\frac{1}{2}$  ounce of butter, and pound it quite smooth; rub it through a hair-sieve with the back of a wooden spoon; cut the meat of the lobster into small squares, or pull it to pieces with a fork; put the pounded spawn into as much melted butter as you think will do, and stir it together till it is thoroughly mixed; now put to it the meat of the lobster, and warm it on the fire; take care it does not boil, which will spoil its complexion, and its brilliant red color will immediately fade. The above is a very easy and excellent

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manner of making this sauce. Some use strong beef or veal gravy instead of melted butter, adding anchovy, Cayenne, catsup, cavice, lemon-juice, or pickle, or wine, etc.

### ONION SAUCE

Those who like the full flavor of onions only cut off the strings and tops (without peeling off any of the skins), then put them into salt and water, and let them lie 1 hour; then wash them, put them into a kettle with plenty of water, and boil them till they are tender; now skin them, pass them through a colander, and mix a little melted butter with them. Some mix the pulp of apples, or turnips, with the onions, others add mustard to them.

### ORANGE GRAVY SAUCE

*(For Wild Ducks, Woodcocks, Snipes,  
Pigeon, Teal, Etc.)*

Set on a saucepan with  $\frac{1}{2}$  pint of veal gravy; add to it  $\frac{1}{2}$  dozen leaves of basil, a small onion, and a roll of orange or lemon-peel, and let it boil up for a few minutes, and strain it off. Put to the clear gravy the juice of an orange, or lemon,  $\frac{1}{2}$  teaspoonful of salt, the same of pepper, and a glass of red wine; send it up hot. Eschalot and Cayenne may be

added. This is an excellent sauce for all kinds of wild water-fowl.

Gravies should always be sent up in a covered boat: they keep hot longer; and it leaves it to the choice of the company to partake of them or not.

## OYSTER SAUCE

When your oysters are opened, take care of all the liquor, and give them 1 boil in it. Then take the oysters out, and put to the liquor 3 or 4 blades of mace. Add to it some melted butter, and some thick cream or rich milk. Put in your oysters and give them a boil. As soon as they come to a boil, take them off the fire.

## PIQUANT SAUCE, FOR COLD MEAT, FISH, ETC.

(1)

Pound together 1 ounce of scraped horseradish,  $\frac{1}{2}$  ounce of salt, 1 tablespoonful of made mustard, 4 drachms of minced eschalots,  $\frac{1}{2}$  drachm of celery seed, and  $\frac{1}{2}$  drachm of Cayenne, adding gradually 1 pint of burnet, or tarragon vinegar, and let it stand in a jar a week, and then pass it through a sieve.

## PIQUANT SAUCE

(2)

Put a little chopped shallot and a few spoonfuls of gravy into a saucepan; let it boil till the gravy be nearly boiled away, but not burned to the bottom of the saucepan; add as much braise as may be required for the sauce, season with pepper and salt, boil it a few minutes, then add a little lemon-juice, sugar, and a teaspoonful of garlic vinegar.

Braise is an onion stuck with cloves, and boiled till tender in gravy and white wine.

## SHARP SAUCE, FOR VENISON

Put into a silver, or very clean and well tinned saucepan,  $\frac{1}{2}$  pint of the best white vinegar, and  $\frac{1}{4}$  pound of loaf sugar pounded; set it over the fire, and let it simmer gently; skim it carefully; pour it through a tamis or fine sieve, and send it up in a basin.

Some people like this better than the sweet wine sauces.

## SAUCE FOR STEAKS, CHOPS OR CUTLETS

Allow for a pound of meat 1 tablespoonful of the fat, or about 1 ounce of butter; add as much flour as will make it a paste; rub it well together over the fire till they are a little brown; then add as much boiling water as will reduce it to the thickness of good cream, and 1 tablespoonful of mushroom or walnut catsup, or pickle, or browning; let it boil together a few minutes, and pour it through a sieve to the steaks, etc.

To the above is sometimes added a sliced onion, or a minced eschalot, with a tablespoonful of Port wine, or a little eschalot wine. Garnish with finely-scraped horseradish or pickled walnuts, gherkins, etc. Some beef-eaters like chopped eschalots in one saucer and horseradish grated in vinegar in another. Broiled mushrooms are favorite relishes to beefsteaks.

## SUPERLATIVE SAUCE

(1)

Claret, or Port wine, and mushroom catsup, a pint of each. Half a pint of walnut or other pickle liquor. Pounded anchovies, 4 ounces. Fresh lemon-peel, pared very thin, an ounce. Peeled and sliced eschalots, the same. Scraped horseradish, ditto;

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allspice, and black pepper powdered,  $\frac{1}{2}$  ounce each; Cayenne, 1 drachm, or curry powder, 3 drachms; celery seed bruised, 1 drachm.

Under an infinity of circumstances, a cook may be in want of the substances necessary to make sauce: the above composition of the several articles from which the various gravies derive their flavor, will be found a very admirable extemporaneous substitute. By mixing a large tablespoonful with  $\frac{1}{4}$  pint of thickened melted butter, or broth, 5 minutes, will finish a boat of very relishing sauce, nearly equal to drawn gravy.

### SUPERLATIVE SAUCE

(2)

To make a boat of sauce for poultry, etc., put a piece of butter about as big as an egg into a stew-pan, set it on the fire; when it is melted, put to it a tablespoonful of flour; stir it thoroughly together, and add to it 2 tablespoonfuls of sauce, and by degrees about  $\frac{1}{2}$  pint of broth, or boiling water; let it simmer gently over a slow fire for a few minutes; skim it and strain it through a sieve, and it is ready.

### TARTARE SAUCE

(1)

Add to 1 cup of well-seasoned Mayonnaise 1 teaspoonful of tarragon vinegar, 1 tablespoonful of

finely-chopped capers, and 1 small finely-chopped boiled onion.

## TARTARE SAUCE

(2)

Add to a cup of mayonnaise 2 tablespoonfuls each of chopped pickles, capers and olives, and 1 tablespoonful of minced parsley. Keep on ice in covered receptacle until needed.

## TRUFFLE SAUCE

Mince 2 or 3 truffles very small, and toss them up lightly, in either oil or butter, according to your taste; then put to them 4 or 5 ladlefuls of *velouté* and a spoonful of *consommé*; let it boil for about  $\frac{1}{4}$  hour over a gentle fire, skim off all the fat; keep your sauce hot in the *bainmarie*.

## WHITE SAUCE FOR FISH

Four anchovies chopped, 2 glasses of white wine, a large one of vinegar, an onion stuck with 3 cloves, and cut into quarters; let all these simmer till the anchovies dissolve; strain it and add  $\frac{1}{4}$  pound of butter kneaded in a tablespoonful of flour. When it has melted, stir in gradually, one way,  $\frac{1}{2}$  pint of cream, taking care that it does not boil. When thoroughly heated, serve in a sauce-tureen.

## WHITE ONION SAUCE

The following is a mild and delicate preparation: Take  $\frac{1}{2}$  dozen of the largest and whitest onions (the Spanish are the mildest, but these can only be had from August to December); peel them and cut them in half, and lay them in a pan of cold water for  $\frac{1}{4}$  hour, and then boil for  $\frac{1}{4}$  hour; and then if you wish them to taste very mild, pour off that water, and cover them with fresh boiling water, and let them boil till they are tender, which will sometimes take  $\frac{3}{4}$  hour longer.

WHITE SAUCE, FOR  
FOWLS OR TURKEY

Put on, in a quart of water, the necks of fowls, a piece of the scrag-end of a neck of mutton, 2 blades of mace, 12 peppercorns, 1 anchovy, a small head of celery, a slice from off the end of a lemon, and a bunch of sweet herbs; cover it closely, and let it boil till reduced to nearly  $\frac{1}{2}$  pint; strain, and put to it  $\frac{1}{4}$  pound of butter dredged with flour; let it boil for 5 minutes, and then add 2 spoonfuls of pickled mushrooms. Mix with a teacupful of cream, the well-beaten yolks of 2 eggs, and some grated nutmeg; stir this in gradually, and shake the pan over the fire till it is all quite hot, but do not allow it to boil.



**WINE SAUCE FOR  
VENISON OR HARE**

A quarter of a pint of claret or Port wine, the same quantity of plain, unflavored mutton gravy, and a tablespoonful of currant jelly. Let it just boil up, and send it to table in a sauce-boat.

## Salads

### ASPARAGUS SALAD

Place cold, boiled asparagus on a bed of lettuce, serve with French dressing or Sauterne dressing.

### BERKSHIRE SALAD

Marinate with French dressing 1 cupful of pecan nuts, a few capers, some sliced olives, and 2 cups of cold boiled rice. Arrange on bed of lettuce and garnish with mayonnaise.

### BOSTON SALAD

Place 2 tablespoonfuls of endive in a salad bowl, add 2 sliced cucumbers, 1 shredded green pepper, and  $\frac{1}{2}$  cup of chopped filberts; add highly-seasoned French dressing and garnish bowl with cress.

### CAULIFLOWER SALAD

Separate the bouquets from the stalk and cook in 1 quart of water and 1 pint of thin milk, into which has been put 1 teaspoonful of salt. Boil until tender, drain and chill. Serve on lettuce with Curry Dressing.

**CHICKEN SALAD**

2 large cold fowls, either boiled or roasted,  
The yolks of 9 hard-boiled eggs,  
 $\frac{1}{2}$  pint of sweet oil,  
 $\frac{1}{2}$  pint of vinegar,  
1 gill of mixed mustard,  
1 small teaspoonful of Cayenne pepper,  
1 small teaspoonful of salt,  
2 large heads, or 4 small ones, of fine celery.

Cut the meat of the fowls from the bones, in pieces not exceeding an inch in size.

Cut the white part of the celery into pieces about an inch long. Mix the chicken and celery well together. Cover them and set them away.

With the back of a wooden spoon, mash the yolks of eggs till they are a perfectly smooth paste. Mix them with the oil, vinegar, mustard, Cayenne, and salt. Stir them for a long time, till they are thoroughly mixed and quite smooth. The longer they are stirred the better. When this dressing is sufficiently mixed, cover it, and set it away.

Five minutes before the salad is to be eaten pour the dressing over the chicken and celery, and mix all well together. If the dressing is put on long before it is wanted, the salad will be tough and hard.

This salad is very excellent made of cold turkey instead of chicken.

## CORN SALAD

Add equal parts of fresh boiled corn cut from the cob and cold boiled rice. Cool, and season with a little salt. Fold in equal quantity of Tartare Sauce, and serve ice cold in lettuce cups.

## CRA B SALAD

Shred 2 heads of lettuce and a bunch of celery and put into a bowl. Mash the hard-boiled yolks of 6 eggs to a fine paste with salad oil; rub in a large teaspoon of dry mustard. Beat the yolks and whites of 2 raw eggs separately and stir into the hard-boiled yolks; then thin the mixture with vinegar or lemon-juice. Beat up well; season to taste with salt and Cayenne. Add a can of deviled crab meat to the dressing and turn over the bed of lettuce.

## FRUIT SALAD

- 12 oranges,
- 1 pineapple,
- 1½ pounds of malaga grapes,
- 9 bananas,
- 1½ cups of mayonnaise,

- 1½ cups of whipped cream,
- 1 head of curly lettuce.

Cut oranges, seed and skin grapes and shred the pineapple, sprinkle this with ½ cup of sugar. Let stand in refrigerator until just before it is desired to serve, then cut up the bananas and arrange salad on lettuce and cover with the mayonnaise, which has been mixed with the whipped cream. This will serve 24.

## HERRING SALAD

Scald boneless salt herring. Dry and chill them. Shred and add equal quantity diced cold boiled potatoes. Sprinkle with a little Cayenne and moisten liberally with French dressing.

## LENOX SALAD

Marinate with French dressing equal quantities of stoned white grapes and blanched English walnuts. Serve on cress or lettuce with cream cheese balls, into which has been worked a little salt and a sprinkling of paprika.

## LOBSTER SALAD

Take two large boiled lobsters. Extract all the meat from the shell, and cut it up into very small pieces.

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For lobster salad, you must have lettuce instead of celery. Cut up the lettuce as small as possible.

Make a dressing as for a chicken salad, with the yolks of 9 hard-boiled eggs,  $\frac{1}{2}$  pint of sweet oil,  $\frac{1}{2}$  pint of vinegar,  $\frac{1}{2}$  gill of mustard, 1 teaspoonful of Cayenne, and 1 teaspoonful of salt. Mix all well together with a wooden spoon.

A few minutes before it is to be eaten, pour the dressing over the lobster and lettuce, and mix it very well.

### MAINE SALAD

Add equal quantities of cold, flaked white fish and sliced cold potatoes, sprinkle lightly with salt and pepper and pour over a French dressing. Chill on the ice, garnish with cowslip greens or lettuce, cold cooked beets, and *pimolas*.

### SHAKER SALAD

Quarter pears and remove the skin and core. Place on lettuce leaves and add equal quantity of stoned white grapes. Chill and serve with French dressing.

### SHRIMP SALAD

Drain and mix well 2 cans or 1 pint of fresh shrimps. Add 2 cans or 1 quart of fresh cooked

peas. Marinate in French dressing 1 hour, line dish with lettuce leaves, add peas and shrimps, dress with mayonnaise and hard-boiled eggs and serve very cold.

## SPINAGE SALAD

Mince boiled spinage, place in individual molds and chill. Remove from molds, arrange on lettuce, add a slice of hard-boiled egg, spread with caviare and serve with chive dressing.

## STUFFED TOMATO SALAD

Choose firm ripe tomatoes. Cut off a piece from the top and remove the seed. Stuff with chopped cucumber, green pepper and minced onion thoroughly mixed with mayonnaise. Chill on ice and serve on delicate lettuce leaves.

## TOMATO AND GREEN PEPPER SALAD

Cut 4 long green peppers lengthwise, removing all the white membrane and seed from the interiors. Pour over them boiling water, and set aside until the water is cool, then drain and throw into cold water until chilled. Cut into dice of uniform size and lay in iced water. Peel and cut into quarters 6

ripe tomatoes. Lay these in the ice until cold, then arrange on a dish covered with lettuce.

## VEGETABLE SALAD

One cup of cold, cooked carrots that have been diced, 4 small tomatoes cut in quarters, 6 sliced radishes, and 1 cup of cooked new green peas. Dress liberally with French dressing, serve on *romaine*.



## **Salad Dressings**

### **DRESSING FOR COLD SLAW**

· Rub 2 tablespoonfuls of butter with 1 tablespoonful of flour, add 1 beaten egg, let cook until well blended, then add  $\frac{1}{2}$  cupful of hot vinegar,  $\frac{1}{2}$  teaspoonful pepper and the same of dry mustard. Bring this to a boil, stirring all the while, set aside to cool and when ready to use add 1 teacupful of sour cream.

### **CHIVE DRESSING**

To 6 tablespoonfuls of olive oil add 2 teaspoonfuls of chopped chives, 2 tablespoonfuls of lemon-juice,  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{4}$  teaspoonful of pepper, and  $\frac{1}{2}$  teaspoonful of French mustard. Mix thoroughly and serve.

### **CURRY DRESSING**

1 teaspoonful of curry powder,  
 $\frac{1}{2}$  teaspoonful French mustard,  
 $\frac{1}{4}$  teaspoonful English mustard,

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Dash of Cayenne and a generous sprinkling of white pepper,  
Add a teaspoonful each of chopped chives, parsley,  
 $\frac{1}{4}$  teaspoonful of onion juice,  
 $\frac{1}{4}$  of a lemon rind and all chopped fine.

Mix thoroughly with half a cup white wine vinegar, add 2 cups of olive oil and 1 of white wine vinegar.

Place in covered jar and keep on ice to be used as needed.

### FRENCH DRESSING

To 6 tablespoonfuls of olive oil, add slowly drop by drop 2 teaspoonfuls of vinegar, season with 1 teaspoonful of salt,  $\frac{1}{2}$  teaspoonful of pepper and a dash of Cayenne.

### MAYONNAISE DRESSING

The success of mayonnaise largely depends upon having the ingredients thoroughly chilled.

To the yolk of 1 raw egg slightly beaten, add a pinch of salt and gradually drop by drop 1 cup of olive oil, as it begins to get too thick, thin slightly with a few drops of lemon-juice. When blended season with 1 tablespoonful of vinegar, 1 tablespoonful

of lemon-juice,  $\frac{1}{4}$  teaspoonful of salt, a dash of red pepper, and  $\frac{1}{4}$  teaspoonful of dry mustard.

## MAYONNAISE

(2)

To the yolks of 3 raw eggs add drop by drop 2 cups of olive oil. The secret of thickening is to beat it gradually. When blended add 1 teaspoonful of dry mustard,  $1\frac{1}{2}$  teaspoonfuls of salt, 1 large tablespoonful of tarragon vinegar and 2 tablespoonfuls of cider vinegar.

## SALAD DRESSING

1 teaspoonful dry mustard,  
1 teaspoonful salt,  
2 teaspoonfuls sugar,  
Small tablespoonful flour.

Mix dry ingredients together, beat up 2 eggs, and add to above,  $\frac{3}{4}$  of vinegar and small cup of boiling water. Add this to the above.

Have heated in double boiler 3 tablespoonfuls of olive oil. After this is hot, add the other ingredients and cook until the consistency of cream.

## SAUTERNE DRESSING

To 3 tablespoonfuls of oil add 1 of sauterne, season with  $\frac{1}{2}$  teaspoonful of salt and  $\frac{1}{4}$  of Cayenne. Mix thoroughly and chill before serving.

## Desserts, Puddings, Pies and Tarts

### APPLE CUSTARD

Take  $\frac{1}{2}$  dozen very tart apples, and take off the skin and cores. Cook them till they begin to be soft, in  $\frac{1}{2}$  teacup of water. Then put them in a pudding-dish, and sugar them. Then beat 8 eggs with 4 spoonfuls of sugar, mix it with 3 pints of milk; pour it over the apples, and bake for about  $\frac{1}{2}$  hour.

### BOILED APPLE PUDDING

$\frac{1}{4}$  pound of butter,  
1 pound of flour,  
2 dozen apples.

Make a plain paste of the flour and butter. Sprinkle your pudding-bag with flour, roll the paste thin, and lay inside the bag, and fill the crust with apples nicely pared and cored. Draw the crust together, and cut off any extra paste about the folds; tie the bag tight, and put it into boiling water. Boil it 2 hours. A layer of rice, nicely picked and washed, sprinkled inside the bag, instead of crust,

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makes a very good pudding, called an *Avalanche*.

Common dough rolled out makes a fine crust for the above, especially with a little butter worked in it. It is more healthful than the unleavened crust.

### APPLE SAUCE

Pare, core, and slice some apples; boil them in water, with a bit of lemon-peel; when tender, mash them; add to them a bit of butter the size of a walnut, and some brown sugar. Heat, and serve in a sauce-tureen.

### CUSTARD

Boil 6 peach leaves, or a lemon-peel, in 1 quart of milk, till it is flavored; cool it, add 3 tablespoonfuls of sugar, and 5 eggs beaten to a froth. Put the custard into a double boiler, and stir it till cooked enough. Then turn it into cups, or, if preferred, it can be baked.

### BERRY PUDDING

To 1 quart of washed whortleberries, put 1 pint of flour in which you have put a small teaspoonful of salt. Add a very little water. That which is upon the berries will be nearly enough. Boil it 2 hours in a cloth tied close, allowing no room to swell. To be eaten with melted sauce.

**BERRY PUDDING**

(2)

A pint of berries, 1 pint of flour, 1 pint of sour milk, 1 teaspoonful of salt, and 1 of saleratus. Boil it 2 hours. All boiled fruit puddings should be turned often in the pot, to prevent the fruit from settling on one side. Make a sweet sauce.

**BAKED INDIAN PUDDING**

Two quarts of milk, 1 large teacup of meal,  $\frac{1}{2}$  teacup of white flour, 2 eggs,  $\frac{1}{2}$  cup of molasses, 1 large teaspoonful of salt,  $\frac{1}{2}$  teaspoonful of ginger, and the same of cinnamon.

To mix it, boil 3 pints of the milk and set it off from the fire. Have ready, beaten together, all the other ingredients in part of the remaining pint of milk. Stir them into the hot milk. Grease a stone pan, shaped like a common gallon pan of potter's ware. Let the mixture cool a little before putting it into the pan. Bake it in a moderate heat. When the top begins to brown, pour a little of the cold milk over it, and cover it with a plate. Bake from 4 to 5 hours. Put cold milk on the top 2 or 3 times while it is baking. If most convenient, a little finely-chopped suet can be substituted for the eggs.

## BAKED INDIAN PUDDING

(with Sweet Apples)

Pare 12 sweet apples and slice them, or take out the core with a tap-borer. Stir up a pudding of a quart of milk, and almost a quart of Indian meal; the measure may be filled quite full by using 1 or 2 spoonfuls of wheat flour. Add some salt, a tea-cup of molasses, and a little chopped suet. The milk should be boiled, and after it is taken from the fire, the meal and other ingredients stirred in. Then pour the whole over the apples. Bake 3 hours.

## BOILED INDIAN PUDDING

- 3 pints of milk,
- 10 heaping tablespoonfuls of sifted Indian meal,
- $\frac{1}{2}$  pint of molasses,
- 2 eggs.

Scald the meal with the milk, add the molasses, and a teaspoonful of salt. Put in the eggs when it is cool enough not to scald them. Put in a tablespoonful of ginger. Tie the bag so that it will be about  $\frac{3}{4}$  full of the pudding, in order to give room to swell. The longer it is boiled the better. Some like a little chopped suet with the above.



**BOSTON PUDDING**

Make a good common paste with  $1\frac{1}{2}$  pounds of flour, and  $\frac{3}{4}$  pound of butter, or  $\frac{3}{4}$  pound of beef-suet, chopped very fine. Mix the suet at once with the flour, knead it with cold water into a stiff dough, and then roll it out into a large thin sheet. Fold it up and roll it again. When you roll it out the last time, cut off the edges, till you get the sheet of paste of an even square shape.

Have ready some fruit sweetened to your taste. If cranberries, gooseberries, dried peaches, or damsons, they should be stewed, and made very sweet. If apples, they should be stewed in a very little water, drained, and seasoned with nutmeg, rose-water and lemon. If currants, raspberries, or blackberries, they should be mashed with sugar, and put into the pudding raw.

Spread the fruit very thick, all over the sheet of paste (which must not be rolled out too thin). When it is covered all over with the fruit, roll it up, and close the dough at both ends, and down the last side. Tie the pudding in a cloth and boil it.

Eat it with sugar. It must not be taken out of the pot till just before it is brought to table.

## COCOANUT PUDDING

- $\frac{1}{2}$  pound of cocoanut, grated,
- $\frac{1}{2}$  pound of powdered white sugar,
- $3\frac{1}{2}$  ounces of fresh butter,
- The whites only of 6 eggs,
- 1 tablespoonful of wine and brandy  
mixed,
- $\frac{1}{2}$  teaspoonful of rose-water.

Break up a cocoanut, and take the thin brown skin carefully off, with a knife. Wash all the pieces in cold water, and then wipe them dry, with a clean towel. Weigh  $\frac{1}{2}$  pound of cocoanut, and grate it very fine, into a soup-plate.

Stir the butter and sugar to a cream, and add the liquor and rose-water gradually to them.

Beat the whites only, of 6 eggs, till they stand alone on the rods; and then stir the beaten white of egg, gradually, into the butter and sugar. Afterwards, sprinkle in, by degrees, the grated cocoanut, stirring hard all the time. Then stir all very well at the last.

Have ready a puff paste, sufficient to cover the bottom, sides, and edges of a soup-plate. Put in the mixture, and bake it in a moderate oven, about  $\frac{1}{2}$  hour.

Grate loaf sugar over it, when cool.

## FLOATING ISLAND

Boil, with a pint of milk, a bit of cinnamon, and half the peel of a lemon; when almost cold, strain it, and mix with it the beaten white of 1, and the yolks of 3 eggs; stir it over the fire till thick, pour it into a dish, and stir it now and then till cold. Whisk the whites of 2 eggs, and  $\frac{1}{2}$  pint of guava, quince, or red currant jelly, till it be very stiff.

## FRUIT SUET PUDDING

Of finely-minced suet, flour, grated bread, and cleaned currants,  $\frac{1}{4}$  pound each; 1 teaspoonful of pounded ginger, 1 of salt, 2 ounces of brown sugar, and 1 teacupful of milk; mix all the ingredients well together, and boil it in a cloth for 2 hours. Serve it with a sweet sauce.

## MUSH, OR HASTY PUDDING

Wet up the Indian meal in cold water, till there are no lumps, stir it gradually into boiling water which has been salted, till so thick that the stick will stand in it. Boil slowly, and so as not to burn, stirring often. Two or 3 hours' boiling is needed. Pour it into a broad, deep dish, let it grow cold,

cut it into slices  $\frac{1}{2}$  inch thick, flour them, and fry them on a griddle with a little lard, or bake them in a stove oven.

## ORANGE PUDDING

- 1 large orange, of a deep color, and smooth thin rind,
- 1 lime,
- $\frac{1}{4}$  pound of powdered white sugar,
- $\frac{1}{2}$  pound of fresh butter,
- 3 eggs,
- 1 tablespoonful of mixed wine and brandy,
- 1 teaspoonful of rose-water.

Grate the yellow rind of the orange and lime, and squeeze the juice into a saucer or soup-plate, taking out all the seeds.

Stir the butter and sugar to a cream.

Beat the eggs as light as possible, and then stir them by degrees into the pan of butter and sugar. Add, gradually, the liquor and rose-water, and then by degrees, the orange and lime. Stir all well together.

Have ready a sheet of puff paste made of 5 ounces of sifted flour, and  $\frac{1}{4}$  pound of fresh butter. Lay the paste in a buttered soup-plate. Trim and notch the edges, and then put in the mixture. Bake it about  $\frac{1}{2}$  hour, in a moderate oven. Grate loaf sugar over it, before you send it to table.

## RAILROAD PUDDING

One cup of molasses, 1 of sweet milk, 1 of suet or of salt pork chopped fine; 4 cups of flour, 1 teaspoonful of saleratus, and if suet is used, 1 of salt, 1 cup of chopped raisins, 1 of currants. Warm the molasses and stir the saleratus into it; mix the suet or pork with the flour, then stir all together, and steam it 4 hours, according to the directions for Brown Bread No. 2. Make a melted sauce, or the sour cream sauce.

## RICE PUDDING

Wash a small coffee-cup of rice and put it into 3 pints of milk over night. In the morning add a piece of butter  $\frac{1}{2}$  as large as an egg, a teacup of sugar, a little salt, cinnamon, or nutmeg. Bake very slowly  $2\frac{1}{2}$  hours in the oven. After it has become hot enough to melt the butter, but not to brown the top, stir it (without moving the dish, if you can) from the bottom. If raisins are to be used, put them in now. They add much to the richness of the pudding. It is a very good pudding for so plain a kind, and is very little trouble. For a Sunday dinner, where a cooking stove is used, it is very convenient, as it employs but a few minutes to prepare it in the morning.

**BOILED PLUM PUDDING**

Put to a quart of boiled milk, 12 pounded crackers,  $\frac{1}{4}$  pound of suet, 1 pound of currants,  $\frac{1}{2}$  pound of raisins, a little salt, and a teacup of molasses. Steam in a pudding-pan, or boil it  $3\frac{1}{2}$  hours in a cloth or buttered bowl. To be eaten with sauce.

**SAGO PUDDING**

Wash 6 tablespoonfuls of pearl sago and put it to soak in a large pint of warm water. Pare 6 good-sized, mellow, sour apples, and remove the cores. Wash them, butter a deep pudding-dish, and lay them in, with the open end up. Measure a teacup of sugar, fill the holes with it, and then grate  $\frac{1}{2}$  nutmeg over the apples. Dissolve a little salt and the rest of the sugar, in the water with the sago; pour  $\frac{2}{3}$  of the mixture over the apples, and set the dish in the oven or stove. After 1 hour take it out, and press the apples down gently without breaking them. See that none of the sago lies above the water. Return the dish to the oven and bake it another hour. It is to be eaten with sugar and milk, or cream, and is a very delicate and healthful pudding.

**SALEM PUDDING**

Three coffee-cups of flour, 1 of milk, 1 of chopped raisins, 1 of suet or salt pork chopped very fine,  $\frac{2}{3}$

cup of molasses, a small teaspoonful of powdered cloves,  $\frac{1}{2}$  nutmeg, 1 teaspoonful of saleratus, and if suet is used instead of pork, a little salt. Warm the molasses and dissolve the saleratus in it, mix the suet, flour, and raisins, then put all the ingredients together. Boil or steam it 4 hours. Make a melted sauce.

## SWEET POTATO PUDDING

- $\frac{1}{4}$  pound of boiled sweet potato,
- 3 eggs,
- $\frac{1}{4}$  pound of powdered white sugar,
- $\frac{1}{4}$  pound of fresh butter,
- 1 glass of mixed wine and brandy,
- $\frac{1}{2}$  glass of rose-water,
- 1 teaspoonful of mixed spice, nutmeg,  
mace and cinnamon.

Pound the spice, allowing a smaller proportion of mace than of nutmeg and cinnamon.

Boil and peel some sweet potatoes, and when they are cold, weigh  $\frac{1}{4}$  pound. Mash the sweet potato very smooth, and rub it through a sieve. Stir the sugar and butter to a cream.

Beat the eggs very light, and stir them into the butter and sugar, alternately with the sweet potato. Add by degrees the liquor, rose-water and spice. Stir all very hard together.

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Spread puff paste on a soup-plate. Put in the mixture, and bake it about  $\frac{1}{2}$  hour in a moderate oven.

Grate sugar over it.

### SUET PUDDING

A pint of suet chopped very fine, 1 pint of chopped apples, 2 gills of milk, 1 gill of molasses, 1 large teaspoonful of salt, and flour enough to make it rather stiff. Boil it 4 hours. This should be boiled in a close tin pail or pudding-pan, in a kettle of water.

Such a pudding as this is too hearty to be eaten after meat, and is substantial enough to constitute a dinner.

### PLAIN PASTE

One pie.

1½ cupfuls of flour,  
½ teaspoonful of salt,  
1 tablespoonful of butter,  
2 tablespoonfuls cottolene or lard,  
Ice cold water.

Have things as cold as possible. With a knife chop the shortening into the sifted flour and salt until the pieces are about as large as a bean. Make a



well in the center, add the water slowly, mixing with knife until all the flour is moistened, and a dry crumbly paste is obtained. Turn it out upon the board and press into shape with the hands, after which flatten it by pounding lightly with rolling pin. Fold the ends to the center, turn and continue the pounding until the paste is smooth, after which set aside in a very cold place until ready to use. Divide and roll each piece into a thin sheet. Fit it loosely into the pie tin, pressing out all air, trim the edge by holding the handle of the knife under the pan; put the filling into it and moisten edge with water before putting on the cover.

### TART PASTE, FOR FAMILY PIES

Rub in with the hand  $\frac{1}{2}$  pound of butter into  $1\frac{1}{4}$  pounds of flour, mix it with  $\frac{1}{2}$  pint of water, and knead it well.

### APPLE TART, CREAMED

Use green codlings, in preference to any other apple, and proceed as in the last recipe. When the pie is done, cut out the whole of the center, leaving the edges; when cold, pour on the apple some rich boiled custard, and place round it some small leaves of puff paste of a light color.

## CHERRY TART

The cherries may be stoned, and a few red currants added; sweeten it with loaf or brown sugar, and put into the bottom of the dish a small teacup; cover it with paste.

## CRANBERRY TART

Take cranberries, pick and wash them in several waters, put them into a dish, with the juice of  $\frac{1}{2}$  lemon,  $\frac{1}{4}$  pound of moist or pounded loaf sugar, to a quart of cranberries. Cover it with puff or tart paste and bake it  $\frac{3}{4}$  hour. If tart paste is used, draw it from the oven 5 minutes before it is done, and ice it, return it to the oven, and send it to table cold.

## CURRENT TART

To a quart of red currants add 1 pint of red raspberries, strawberries, or cherries; sweeten them well with brown sugar; before putting in the fruit, line the side of the dish with tart paste, place it in a small teacup, put in the fruit, and cover it with paste.

Four ounces of brown sugar are generally allowed to a quart of fruit.

## TARTLETS

Butter some small tartlet pans; line them with a nice thin puff paste, mark it neatly round the edges, bake them; when they are cold, fill them with custard, preserve, or any sweetmeat you think proper, and if you choose, pour custard over.

## TART OF PRESERVED FRUIT

(1)

Cover a flat dish, or tourte pan, with tart paste, about  $\frac{1}{8}$  inch thick; roll out puff paste,  $\frac{1}{2}$  inch thick, and cut it out in strips 1 inch wide; wet the tart paste, and lay it neatly round the pan by way of a rim; fill the center with jam or marmalade of any kind, ornament it with small leaves of puff paste, bake it  $\frac{1}{2}$  hour, and send it to table cold.

The above may be filled before the puff paste is laid on, neatly strung with paste, and the rim put over after.

The most general way of sending tourtes to table, is with a croquant of paste, or a caramel of spun sugar put over after it is baked.

## TART OF PRESERVED FRUIT

(2)

Rub over with a little butter an oval dish, or tin shape, line it with paste, and fill it with any sort of preserved fruit. Roll out a bit of paste thin, and, with a paste cutter, cut it into narrow strips; brush with water the rim of the shape, and lay the bars of paste across and across, and then put round a border of paste, and mark it with the paste cutter.

## TARTS OF RIPE FRUIT

Gooseberries, damsons, morello cherries, currants mixed with raspberries, plums, green gages, white plums, etc., should be picked quite fresh, and washed. Lay them in the dish with the center highest, and about  $\frac{1}{4}$  pound of moist or loaf sugar pounded to a quart of fruit (but if quite ripe they will not require so much); add a little water; rub the edges of the dish with yolk of egg; cover it with tart paste about  $\frac{1}{2}$  inch thick; press your thumb round the rim, and close it well; pare it round with a knife; make a hole in the sides below the rim; bake it in a moderate-heated oven; and 10 minutes before it is done, take it out and ice it, and return it to the oven to dry.

**RHUBARB TART**

Strip off the peel, and if the rhubarb is large, cut it into 2 or 3 strips, and then into bits about an inch long; sweeten well with brown sugar, and cover the dish with paste.

**MINCE MEAT**

- 1½ pound of lean beef cooked and chopped  
fine,
- ½ pound of chopped suet, sprinkle with  
1 teaspoonful salt,
- 1 pound of seed raisins,
- 1 pound of currants,
- ¼ pound citron,
- The grated juice and rind of 1 lemon and  
1 orange,
- 3 pounds of chopped apples,
- 2 pounds of sugar,
- ½ grated nutmeg,
- ½ tablespoonful each of cinnamon, clove  
and allspice.

Add enough cider to thoroughly moisten. Keep in jar in cool place. Just before using add a teaspoonful of brandy to sufficient quantity of mince-meat for each pie.

## TRIFLE

Mix 3 tablespoonfuls of white wine, and 1 of sugar, with  $1\frac{1}{2}$  pints of thick cream; whisk it, and take off as much froth as will heap upon the dish, into which lay some pieces of sponge cake, or some sponge biscuit, soaked with sweet wine, and covered with preserved strawberries, or any other fruit; pile the froth upon this, and pour the remainder of the cream into the bottom of the dish; garnish with flowers.

## WHIM WHAM

Sweeten a quart of cream, and mix with it a teacupful of white wine, and the grated peel of a lemon; whisk it to a froth, which drain upon the back of a sieve, and put part into a deep glass dish; cut some macaroon biscuits as thin as possible, and put a layer lightly over the froth, and one of red currant jelly, then a layer of the froth, and one of the biscuit and jelly; finish with the froth, and pour the remainder of the cream into the dish, and garnish with citron and candied orange-peel cut into straws.

## Sauces for Puddings and Other Desserts

### LEMON SAUCE

Pare a lemon, and cut it into slices twice as thick as a half-crown piece; divide these into dice, and put them into  $\frac{1}{4}$  pint of melted butter. Some cooks mince a bit of the lemon-peel (pared very thin) very fine, and add it to the above.

### PUDDING SAUCE

Mix with  $\frac{1}{2}$  pint of melted butter 2 wine-glasses of sherry, and a tablespoonful of pounded loaf sugar; make it quite hot, and serve in a sauce-tureen, with grated nutmeg on the top.

### HARD SAUCE

Blend  $\frac{1}{2}$  cup of well-beaten butter with 1 cup of fine sugar, beat until creamy. Flavor with a few drops of vanilla, beat again. Place in dish, sprinkle with a grating of nutmeg and keep in cool place until ready to serve.

### BRANDY SAUCE

Prepare a hard sauce and add 1 gill of brandy and  $\frac{1}{2}$  cupful of boiling water, while stirring constantly.

### PINEAPPLE SAUCE

Add to hard sauce 1 cupful of grated pineapple.

### STRAWBERRY SAUCE

Add to hard sauce 1 cupful of crushed strawberries, or  $\frac{1}{2}$  cup of preserved strawberry juice.

### ICING FOR FRUIT TARTS, PUFFS, OR PASTRY

Beat up in  $\frac{1}{2}$  pint mug the white of 2 eggs to a solid froth; lay some on the middle of the pie with a paste brush; sift over plenty of pounded sugar, and press it down with the hand, wash out the brush, and splash by degrees with water till the sugar is dissolved, and put it in the oven for 10 minutes, and serve it up cold.



# Frozen Desserts, Ice Creams and Sherbets

## ICE CREAMS

Directions for freezing:

After scalding the can, cool it and place it in position in the bucket, turn the crank to be sure it is fitted perfectly. Then pack the space between the can and bucket with a mixture of finely-chopped ice and coarse salt, in the proportion of  $\frac{1}{3}$  salt to  $\frac{2}{3}$  ice. When packed even with the top of the can, open and pour in the mixture to be frozen, cover and let stand 10 or 15 minutes, then turn the crank as long as possible, after which remove the dasher, press the cream down into the can. Cover with a piece of paper, then the can cover, closing the opening at the top, repack with salt and ice, and let stand 2 hours to ripen. Do not pour off the water as soon as the ice melts, only when it rises to the top of the can.

## VANILLA CREAM

1 quart of cream,

1 pint of milk,

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1 cup of sugar (finely granulated),  
1 tablespoonful of vanilla.

Add the sugar to the scalded milk and cream, cool, flavor and freeze. Equal to  $\frac{1}{2}$  gallon.

### CHOCOLATE

Allow 1 ounce for each pint of liquid, slowly add the scalded cream to the melted chocolate.

### STRAWBERRY

1 pint of crushed strawberries,  
1 quart of cream,  
1 pint of milk.

In addition to the 1 cup of sugar, you must add sufficient sugar to sweeten the berries, usually 1 cup extra.

### ORANGE WATER ICE

1 quart water,  
2 cups sugar,  
Juice of 1 dozen oranges.

Boil the water, sugar, and rind of 2 oranges 5 minutes. Cool and add juice of the oranges, strain through muslin and freeze.

**COFFEE JELLY**

- $\frac{1}{2}$  package gelatine,
- $\frac{1}{2}$  cup cold water,
- $1\frac{2}{3}$  cups boiling water,
- $\frac{1}{2}$  cup sugar,
- 2 cups strong filtered coffee.

Soak the gelatine in the cold water until soft. Add the boiling water, sugar and coffee. When the sugar is dissolved, strain through a napkin into molds or glasses which have been wet in cold water.

Serve with cream and whipped cream.

**LEMON JELLY**

- $\frac{1}{2}$  package of gelatine,
- $\frac{1}{2}$  cup of cold water,
- 1 pint of boiling water,
- 1 cup of sugar,
- $\frac{2}{3}$  cup of lemon-juice.

Soak gelatine in cold water until soft. Add the boiling water, sugar and lemon-juice. Strain through a napkin into molds or glasses which have been wet in cold water. For orange jelly use the same recipe, using only 1 cup boiling water and 1 pint of orange-juice, with the juice of 1 lemon.

## WINE JELLY

$\frac{1}{2}$  package of gelatine,  
 $\frac{1}{2}$  cup of cold water,  
1 pint of boiling water,  
1 cup of sugar,  
1 lemon,  
1 cup of wine.

Soak the gelatine in the cold water until it is soft; add the boiling water and the sugar. Stir until the sugar is dissolved, then add the lemon-juice, and when cooled, the wine. Strain through a napkin. Harden it by placing near the ice.

## GRAPE SHERBET

For 8 persons mix 1 pint of grape-juice (unfermented), juice of lemon, and 1 heaping tablespoonful of gelatine, dissolved in boiling water; freeze quickly; add beaten white of 1 egg just before finish.

## LEMON SHERBET

$2\frac{1}{2}$  cups of sugar,  
1 quart water,  
5 lemons,  
White of 1 egg.

Boil the sugar and water 5 minutes, then cool. Add the juice of lemons, strain and freeze. Add the beaten white of 1 egg and pack until needed.

### MILK SHERBET

1 quart milk,  
2 cups sugar,  
Juice of 3 large lemons.

Freeze the milk and sugar, add the juice of lemons and freeze again, or mix all the ingredients and freeze. Pack until needed.

### PINEAPPLE SHERBET

1 tablespoonful of gelatine,  
1 pint of water,  
1 pint of fresh fruit,  
1 pint of sugar.

Soak gelatine in enough of the pint of water to soften it. Heat the remainder of the water and pour it over the gelatine. The fruit should be grated and stand 1 hour or more with the sugar over it, then added to the dissolved gelatine and strained. Freeze and pack it.

## CHARLOTTE RUSSE

Chill cream thoroughly,  
½ cup powdered sugar,  
1 pint of cream,  
1 tablespoonful gelatine, soak a few minutes in a little cream.

Separate the whites from the yolks of 2 eggs, set whites aside in cold closet until ready for them.

Whip the cream, and the portion at the bottom which will not cream add to gelatine. Place this over the fire until the gelatine melts; add ½ cupful of powdered sugar; place over hot water and stir until it softens, or add instead ¼ cup of boiling water and place over hot water until it is dissolved.

Add whipped cream, turn into a mold and let it stand 2 hours.

One can add whites of 2 eggs whipped to a stiff froth but these can be omitted. Do not add gelatine until it is cold and begins to thicken; when cool add flavoring, 1 teaspoonful vanilla, or ½ teaspoonful of pistachio and ½ vanilla.

(When it retains its shape when turned to the surface, it is in condition to turn into the mold.)

To freeze charlotte, grease a paper and put the greased side out; then bind a cloth, which has been

dipped in melted butter, around the edge of mold firmly and put in ice and salt for 2 hours.

## LITTLE CREAMS OF CHESTNUTS

- 25 chestnuts,
- 6 or 8 almonds,
- $\frac{1}{2}$  ounce gelatine,
- 1 cupful milk,
- $\frac{3}{4}$  cupful sugar,
- 1 teaspoonful vanilla,
- $\frac{1}{2}$  teaspoonful lemon or a few drops of  
pistachio,
- 1 cupful cream.

After shelling and blanching nuts, cook slowly until tender, then pass through a strainer. Soak gelatine in a portion of milk, dissolve over hot water. Add sugar and let it dissolve. Add remainder of milk and mix carefully with the strained nuts, flavor, strain and set aside until it begins to congeal, after which carefully fold in the cream which has been whipped; put into molds and when firm serve with whipped cream and candied fruit.

# Bread, Biscuits and Cakes

## BREAD

3 pints of scalded milk, or water,  
1 tablespoonful butter,  
1 tablespoonful salt,  
1 tablespoonful sugar,  
1 cake of yeast,  
About 7 quarts of flour.

To the scalded milk add butter, sugar and salt, mix and cool until lukewarm, after which add the yeast which has been dissolved in a little of the lukewarm mixture; then add sufficient flour to make a thick batter and beat vigorously until smooth and full of bubbles. Cover and set in a warm place for several hours (2 hours) or until spongy. To this add enough more flour to make a soft dough, turn out on a bread board and knead until perfectly smooth, after which return it to the bowl, grease the surface, cover closely and set in a warm place until it has doubled its bulk, then shape into loaves, or rolls, grease the surface and let stand until risen double its bulk, then bake in a moderate oven. Loaf bread from  $\frac{3}{4}$  to 1 hour; rolls from 20 to 30 min-



utes. Do not crowd the rolls and bake bread in small pans. When done place on a wire basket to cool.

## BREAD STICKS

Roll light dough into a sheet, then cut into strips  $\frac{1}{4}$  inch wide, lay on a greased tin, brush with butter, and when light bake until brown.

## CINNAMON OR CURRANT BUNS

To the sponge add 2 well-beaten eggs, 1 cup of sugar, then the flour and proceed as directed for bread; when light roll in to a sheet spread with butter, sugar, cinnamon and currants; then roll up and cut in slices 1 inch thick; put into a greased pan with cut side up; let stand 20 or 30 minutes; then bake until brown.

## BOSTON CORN CAKE

1 cup of flour,  
 $\frac{1}{2}$  cup of cornmeal,  
 $\frac{1}{2}$  cup of sugar,  
1 egg well beaten,  
1 cup of milk,  
1 teaspoonful of soda,

2 teaspoonfuls of cream of tartar,  
A little salt.

Bake in a moderate oven about 20 minutes or until done.

## BUTTERMILK BISCUIT

Take  $\frac{1}{2}$  pint of buttermilk, or sour milk, and 1 pint of flour. Rub into the flour a piece of butter half the size of an egg. Add a little salt and stir the milk into the flour. Dissolve a teaspoonful of saleratus in a very little hot water, and stir into it.

Add flour enough barely to mold it smooth; roll it out upon the board, and cut out and bake exactly like the tea biscuit. The advantage of putting in the saleratus after the dough is partly mixed, is, that the foaming process occasioned by combining the sour milk and alkali, raises the whole mass; whereas, if it is stirred first into the milk, much of the effervescence is lost, before it is added to the flour.

## CREAM BISCUIT

These are to be made in the same manner as the buttermilk biscuit, except that no butter is required; the cream will make them sufficiently short.

## CREAM OF TARTAR BISCUIT WITHOUT MILK

Rub a piece of butter the size of an egg into a quart of flour till there are no little lumps. Then add a teaspoonful of salt, and scatter in 2 heaping teaspoonfuls of cream of tartar. Have ready a pint of cold water, in which a heaping teaspoonful of saleratus or soda has been dissolved; pour it into the flour, stirring it quickly with your hand. Do this several times that the ingredients may become well mixed; then add flour enough to enable you to mold it smooth. Roll it out the same thickness as tea biscuit. If these are made right, they are as light as foam. They may be made of unbolted flour, if preferred. Make half the measure for a small family.

## FRIED BISCUIT

Work a piece of butter the size of an egg into a large pint of light bread dough. When it has risen again, roll it very thin, cut it into circles or squares, and fry them for breakfast. Eat them with salt, or with cider and sugar. All crullers and doughnuts are much more healthful fried in clarified drippings of roast meat, than in lard; and it is, besides, good economy.

**BOSTON BROWN BREAD**

(1)

Take a quart of rye meal, and the same of fine Indian meal. (If this is bitter, scald it before mixing it with the rye. If it is sweet and fresh, almost everything in which it is used is lighter without its being scalded.) Mix with warm water, a gill of molasses, a teaspoonful of saleratus, a large teaspoonful of salt, and  $\frac{1}{2}$  gill of yeast. Such bread is improved by the addition of a gill of boiled pumpkin or winter squash. Make it stiff as can easily be stirred. Grease a deep, brown pan, thickly, and put the bread in it, and dip your hand in water and smooth over the top. This will rise faster than other bread, and should not be made over night in the summer. If put into the oven in the forenoon, it will be ready for the tea table. If in the afternoon, let it stand in the oven till morning. This may be steamed, as directed in the next recipe.

**BOSTON BROWN BREAD**

(2)

For a very small family, take  $\frac{1}{2}$  pint of rye meal, not sifted, and a pint of sifted Indian meal, a pint of sour milk,  $\frac{1}{2}$  gill of molasses, a teaspoonful of salt, and a large teaspoonful of saleratus. Mix all the

ingredients except the saleratus, dissolve that (as it should always be) in a little boiling water, and add it, stirring the mixture well. Grease a tin pudding-pan, or a pail having a close lid, and having put the bread in it, set it into a kettle of boiling water. The bread should not quite fill the pail, as it must have room to swell. See that the water does not boil up to the top of the pail, and also take care it does not boil entirely away. The bread should be cooked at least 4 hours. To serve it, remove the lid, and set it a few minutes into the stove oven, without the lid, to dry the top; then it will turn out in perfect shape.

If used as a pudding, those who have cream, can make an excellent sauce for it of thick *sour* cream, by stirring into it plenty of sugar, and adding nutmeg. This bread is improved by being made, and put into the pan or pail in which it is to be boiled, 2 or 3 hours before it is set into the kettle. It is good toasted the next day.

## BOSTON BROWN BREAD

(3)

- $\frac{1}{2}$  cup corn meal,
- $\frac{1}{2}$  cup graham flour,
- $\frac{1}{2}$  cup wheat flour,
- $\frac{1}{2}$  teaspoonful salt,

$\frac{1}{2}$  teaspoon soda,  
 $\frac{1}{4}$  cup of molasses,  
 1 cup sour milk.

Boil 4 hours.

## GRAHAM BREAD

Take a pint of warm water, 1 teacup of white flour, a spoonful of scalded Indian meal, a small teacup of yeast, 1 or 2 spoonfuls of molasses, a teaspoonful of salt, a small one of saleratus, and stir them together; then add as much unbolted, or Graham flour (*not* sifted) as can be stirred in with a spoon. Do this over night, and in the morning stir it again a few minutes, and pour it into 2 deep tin pans. Let it rise up again, and bake an hour. This is very excellent bread — a different thing from the hard, unpalatable article which many a dyspeptic eats as a penance.

Like the wheat sponge, it is good baked in rings on a griddle for breakfast. It will, however, take several minutes longer, and will more easily burn, owing to the molasses which is in it.

## INDIAN LOAF

To 1 quart of sweet milk, put a gill of molasses, a teaspoonful of saleratus, a heaping pint of Indian

meal, a gill of flour, and a teaspoonful of salt. Stir it well together, put it into a deep brown pan, and bake in a slow oven. It should be stirred the last thing before being set into the oven. It must be in the oven many hours, at least 8 or 9, if it is a brick oven, and if set in towards night should stand till morning. If it is baked in a range, it will require 5 or 6 hours of moderate heat.

### LITCHFIELD CRACKERS

To 1 pint of cold milk, put a piece of butter the size of an egg, 1 small teaspoonful of salt, and 1 egg. Rub the butter into 1 quart of flour, then add the egg and milk. Knead in more flour until it is as stiff as it can possibly be made, and pound it with an iron pestle, or the broad end of a flatiron, for at least 1 hour; then roll it very thin, cut it into rounds, prick, and bake in a quick oven, 12 or 15 minutes.

### PARKER HOUSE ROLLS

- 1 yeast cake,
- 1 pint milk, scalded and cooled,
- 2 tablespoonfuls sugar,
- 4 tablespoonfuls lard or butter, melted,
- 3 pints sifted flour,
- 1 teaspoonful salt.

Dissolve yeast and sugar in lukewarm milk, add lard or butter and  $1\frac{1}{2}$  pints of flour. Beat until perfectly smooth. Cover and let rise in a warm place 1 hour, or until light. Then add remainder of flour, or enough to make a dough, and lastly the salt. Knead it well. Place in greased bowl. Cover and let rise in a warm place for about  $1\frac{1}{2}$  hours, or until double in bulk. Roll out  $\frac{1}{4}$  inch thick. Brush over lightly with butter, cut with 2-inch biscuit-cutter, crease through center heavily, with dull edge of knife, and fold over in pocketbook shape. Place in well-greased, shallow pans 1 inch apart. Cover and let rise until light — about  $\frac{3}{4}$  hour. Bake 10 minutes in hot oven.

## RYE BREAD

Take a pint of water, and a large spoonful of fine Indian meal, and make it into gruel. Add a pint of milk, and when cool enough, a small gill of yeast, and then the flour. Fine, bolted rye flour is necessary to make this bread good. Knead it about as stiff as white bread. Let it rise over night, and then mold and put into 3 pans to rise again. When light, bake it about 1 hour. Rye is very adhesive, and a young cook will be troubled with its sticking to her fingers; but practice will make it easy to manage.



## ALBANY BREAKFAST CAKES

- 10 well-beaten eggs,
- 3 pints of milk, blood warm,
- $\frac{1}{4}$  pound of melted butter,
- 2 teaspoonfuls of salt,
- 1 teaspoonful of saleratus, dissolved in a spoonful of hot water.

Make a thick batter with white Indian meal, and bake in buttered tins, an inch thick when put in. Bake 30 or 40 minutes, in a quick oven.

## BRIDGET'S BREAD CAKE

- 3 cups of dough, very light,
- 3 cups of sugar,
- 1 cup of butter,
- 1 nutmeg,
- 3 eggs,
- $\frac{1}{2}$  cup raisins,
- 1 teaspoonful of pearlsh, dissolved in a little hot water.

Rub the butter and sugar together, add the eggs and spice, and mix all thoroughly with the dough. Beat it well, and pour into the pans. It will do to bake it immediately, but the cake will be lighter if

it stands a short time to rise, before putting it into the oven. It is an excellent cake for common use.

*It is very important* that the ingredients should be thoroughly mixed with the dough.

## CARAWAY CAKES

(1)

Three-quarters of a pound of flour,  $\frac{1}{2}$  pound of butter well rubbed into it,  $\frac{1}{4}$  pound of sifted loaf sugar, and some caraway seeds. Make these into a stiff paste with a little cold water, roll it out 2 or 3 times, cut it into round cakes, prick them, and bake them upon floured tins. For a change, currants may be substituted for the caraway seeds.

## CARAWAY CAKES

(2)

2 quarts of flour,  
1 cup of butter,  
1 quart of rolled sugar,  
 $\frac{1}{2}$  pint of caraway seeds,  
1 teaspoonful of essence of lemon.

Mix the sugar and butter to a cream, add the other materials, roll out, and cut into square cakes, and crimp the edges.

Sal volatile the size of a nutmeg, dissolved in a little hot water, improves this.

## CRULLERS

5 cups of flour,  
1 cup of butter,  
2 cups of sugar,  
4 eggs,  
1 teaspoonful of rose-water,  
Nutmeg.

Rub the butter and sugar together, add the eggs, the whites and yolks beaten separately, then the flour. Roll into a sheet about  $\frac{1}{2}$  inch thick, cut this with a jagging-iron into long narrow strips. Twist them into various shapes, and fry them in hot lard, to a light brown. The fat must be abundant in quantity, and very hot, to prevent the lard from soaking into the cake.

## DOUGHNUTS

1 egg,  
 $\frac{1}{2}$  cup sugar,  
 $\frac{1}{2}$  cup milk,  
A pinch of salt,  
A little nutmeg,  
2 tablespoonfuls melted butter,  
About 3 cups flour,  
 $1\frac{1}{2}$  teaspoonfuls baking powder.

Roll, cut in rings, and drop in hot fat. Fry until brown.

## RAISED DOUGHNUTS

Boil a quart of milk, and rub smooth in a little cold milk a large gill of ground rice; when the milk boils up, stir in the rice and a little salt. Let it boil till it thickens, stirring it 2 or 3 times. Pour it, hot, upon a quart of flour; when cool enough, add a gill of yeast, and flour enough to make it stiff as bread. Knead it a great deal. Let it rise over night, and when very light, work in  $\frac{3}{4}$  pound of butter,  $1\frac{1}{2}$  pounds of sugar beaten in 5 eggs, and add nutmeg and lemon-juice and rind. Let it rise again, and then roll out and fry it.

Light bread dough, which is wet with milk, may be made into plain, or rice doughnuts, as preferred, with very little trouble. Prepare the dough as directed in the recipe for rusk, and add 2 or 3 eggs, if convenient.

## FOURES

Make a puff paste, form it into 2 equal parts the size of the dish in which you mean to place your cake, and the thickness of 2 crowns each; then take 1 of the cakes and put upon it some sweetmeats, leaving about an inch, as a border, all round; wet it with water and place the other cake upon it, draw up the edges carefully with your fingers; gild them with the yolk of egg, and bake them in an oven.

## APPLE SAUCE CAKE

- 2 cups of flour,
- 1 cup of sugar,
- 1 cup apple sauce (very thick),
- 1 teaspoonful cinnamon,
- 1 teaspoonful cloves,
- 2 tablespoonfuls melted butter,
- 1 pound raisins,
- 1 teaspoonful of soda in 1 cup of hot water.

Bake in slow oven about 1 hour.

## FRUIT CAKE WITHOUT EGGS

- 2 pounds of flour,
- $1\frac{3}{4}$  pounds of sugar,
- 1 pint of milk,
- $\frac{1}{2}$  pound of butter,
- $\frac{1}{2}$  teaspoonful of salt,
- $1\frac{1}{2}$  teaspoonful of soda, or saleratus, or 2 of sal volatile, dissolved in a little hot water,
- 1 nutmeg,
- 1 pound of raisins,
- 1 wine-glass of brandy.

This makes 3 loaves.

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Warm the milk, and add the butter and salt to it. Work the butter and sugar to a cream, and then add the milk, then the flour, then the saleratus, and lastly the spice and fruit.

### GINGER BREAD

1 pound of sugar,  
1 pound of sifted flour,  
 $\frac{1}{2}$  pound of butter,  
6 eggs,  
2 even tablespoonfuls of ginger,  
2 teaspoonfuls baking powder.

Rub the butter and sugar together, add the eggs well beaten, the flour and ginger, and bake in 2 square tin sheets.

### GINGERNUTS

6 pounds of flour,  
 $1\frac{1}{2}$  pounds of butter, rubbed into the sugar,  
 $1\frac{1}{2}$  pounds of sugar,  
1 quart of molasses,  
4 ounces of ginger,  
1 nutmeg,  
Some cinnamon.

The dough should be stiff, and then kneaded hard for a long time. Cut into small cakes. They will

keep good, closely covered in a stone jar, for many months.

## GINGER SNAPS

1 cup of molasses,  
 $\frac{1}{2}$  cup of sugar,  
 $\frac{1}{2}$  cup of butter,  
 $\frac{1}{2}$  cup of warm water, the butter melted  
with it.

A small teaspoonful of pearlash, dissolved  
in the water.

2 tablespoonfuls of ginger.

The dough should be stiff; knead it well, and roll into sheets, cut into round cakes, and bake in a moderate oven.

## GOLDEN CAKE

This and the following cake are named from gold and silver, on account of their color as well as their excellence.

They should be made together, so as to use both portions of the eggs:

To make Golden Cake, take

1 pound of flour, dried and sifted,  
1 pound of sugar,  
 $\frac{3}{4}$  pound of butter,  
Yolks of 14 eggs.

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The yellow part of 2 lemons grated, and the juice also.

Beat the sugar and butter to a cream, and add the yolks, well beaten and strained. Then add the lemon-peel and flour, and a teaspoonful of sal volatile, dissolved in a little hot water. Beat it well, and just before putting it into the oven, add the lemon-juice, beating it in very thoroughly.

Bake in square flat pans, ice it thickly, and cut it in square pieces. It looks finely on a dish with the silver cake.

### SILVER CAKE

1 pound of sugar,  
 $\frac{3}{4}$  pound of dried and sifted flour,  
6 ounces of butter,  
Mace and citron,  
The whites of 14 eggs.

Beat the sugar and butter to a cream, add the whites cut to a stiff froth, and then the flour. It is a beautiful looking cake.

### INDIAN BANNOCK

1 quart of milk scalded,  
 $1\frac{1}{2}$  teacup of meal,  
4 eggs,



- 1 tablespoonful sugar and a small piece  
of butter,  
 $\frac{1}{2}$  teaspoonful salt.

Scald the milk and pour on the Indian meal and be sure to let it cool before adding the eggs.

Bake  $\frac{1}{2}$  hour.

## JENNY LIND

Take 1 egg, 1 teacup of sugar, 1 of sweet milk,  $2\frac{1}{2}$  of flour, a dessertspoonful of butter, 2 teaspoonfuls of cream of tartar, 1 of saleratus, and a very little salt. To mix it, stir the cream of tartar, sugar, and salt into the flour, then the milk, add the egg without beating, dissolve the saleratus, and melt the butter in a spoonful of hot water, then stir all together a few minutes. Bake in 15 minutes in 2 pans about the size of a breakfast plate. If you prefer, make it with sour milk, and omit the cream of tartar.

With the addition of one more egg, a teaspoonful more of butter, and  $\frac{1}{2}$  cup of sugar, and some spice, this is a nice cake, and may sometimes be very convenient, because so quickly made.

## NUNS' BEADS

Grate 4 ounces of good cheese, add a little salt, the beaten yolks of 3 eggs, and some crumbs of

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bread, roll into balls as large as walnuts, cover with puff paste, and fry them in butter a light brown color. Serve them in a napkin.

### NEW ENGLAND SQUASH CAKES

- 2 cups of milk,
- 1 cup of sugar,
- 1 tablespoonful of butter,
- 2 cups of boiled squash,
- 1 beaten egg,
- $\frac{1}{2}$  yeast cake dissolved in  $\frac{1}{2}$  cup of warm  
water,
- $\frac{1}{2}$  teaspoonful salt.

Mix thoroughly with sufficient flour to make a soft dough; let rise 6 or 7 hours and bake in muffin tins.

### MAPLE CAKE

- $\frac{1}{2}$  cup butter,
- 1 cup sugar,
- 2 eggs,
- $\frac{1}{2}$  cup milk,
- Vanilla,
- $1\frac{1}{2}$  cups flour,
- 1 teaspoonful baking powder.

Bake in 2 layers.

Boil 1 cup maple syrup till it hardens in cold water, pour slowly over the stiffly-beaten white of 1 egg. Beat till cold.

## NUT LOAF

Soak 2 cups of stale bread crumbs 10 minutes in enough rich milk to cover them, drain, and add 1 cupful of chopped walnut meats, 2 dozen blanched almonds and 1 tablespoonful of mixed sweet herbs, 1 teaspoonful salt, and a dash of Cayenne, and 2 eggs slightly beaten. Shape in a loaf and bake  $\frac{3}{4}$  hour in a moderate oven. Baste with equal parts of hot water and melted butter.

## OLD HARTFORD ELECTION CAKE (150 years old)

5 pounds of dried and sifted flour,  
2 pounds of butter,  
2 pounds of sugar,  
3 gills of distillery yeast, or twice the  
quantity of home-brewed,  
4 eggs,  
1 gill of wine,  
1 gill of brandy,  
 $\frac{1}{2}$  ounce of nutmegs,

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2 pounds of fruit,  
1 quart of milk.

Rub the butter very fine into the flour, add half the sugar, then the yeast, then half the milk (hot in winter and blood warm in summer), then the eggs well beaten, the wine, and the remainder of the milk. Beat it well, and let it stand to rise all night. Beat it well in the morning, adding the brandy, the sugar, and the spice. Let it rise 3 or 4 hours, till very light. Put the cake in buttered pans, and put in the fruit as directed previously. If you wish it richer, add a pound of citron.

### PLUM CAKE

Three pounds of flour, 3 pounds of currants,  $\frac{3}{4}$  pound of almonds, blanched and beat grossly, about  $\frac{1}{2}$  ounce of them bitter, 4 ounces of sugar, 7 yolks and 6 whites of eggs, 1 pint of cream, 2 pounds of butter,  $\frac{1}{2}$  pint of good ale yeast; mix the eggs and the yeast together, strain them; set the cream on the fire, melt the butter in it; stir in the almonds, and  $\frac{1}{2}$  pint of sack, part of which should be put to the almonds while beating; mix together the flour, currants and sugar, what nutmegs, cloves and mace are liked; stir these to the cream; put in the yeast.

## POUND CAKE

- 1 pound of powdered loaf sugar,
- 1 pound of sifted flour,
- $\frac{3}{4}$  pound of fresh butter,
- 8 eggs,
- 1 nutmeg.

Rub the butter and sugar together, until very light, then add the yolks of the eggs, the spice, and part of the flour. Beat the whites of the eggs to a stiff froth, and stir in with the remainder of the flour. Mix all well together, and bake in small tins, icing the cakes when they are a little warm.

## SACHEM'S HEAD CORN CAKE

One quart sifted Indian meal, and a teaspoonful of salt.

Three pints of scalded milk *cooled*, and a teaspoonful of saleratus, dissolved in 2 teaspoonfuls of hot water, and put into it.

Beat 8 eggs, and mix all together. Bake 1 hour in pans, like sponge cake.

It looks, when broken, like sponge cake, and is very fine. If the whites are cut to a froth, and put in, just as it goes to bake, it improves it very much.

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Some think this improved by adding a teacup of sugar. Much depends on the baking, and if you fail, it is probably owing to the baking.

### SALLY LUNN

(1)

A quart of flour, a piece of butter the size of an egg, 3 tablespoonfuls of sugar, 2 eggs, 2 teacups of milk, 2 teaspoonfuls of cream of tartar, 1 of saleratus, and a little salt.

To mix it, scatter the cream of tartar, the salt, and the sugar into the flour; add the eggs without having beaten them, the butter melted, and 1 cup of the milk; dissolve the saleratus in the remaining cup, and then stir all together steadily a few minutes. Bake in 3 pans the size of a breakfast plate, 15 or 20 minutes. For a family of 4 or 5, make half the measure. Add spice, and twice the measure of sugar, and you have a good plain cake for the cake-basket.

### SALLY LUNN

(2)

Take 3 quarts of dried flour,  $\frac{1}{2}$  cupful of yeast,  $\frac{1}{4}$  pound of butter, melted in a sufficient quantity of milk to dissolve it, the yolks of 3 eggs, and a little salt; make these ingredients into a light dough, let

it stand before the fire (covered) for 1 hour to rise, and bake in a quick oven. The above may be made into small cakes.

## TIPSY CAKE

Pour over a sponge cake, made in the form of a porcupine, as much white wine as it will absorb, and stick it all over with blanched sweet almonds, cut like straws; or pour wine in the same manner over a thick slice of sponge cake; cover the top of it with preserved strawberries or raspberries, and stick cut almonds all round it.

## WALNUT HILL DOUGH- NUTS

1 teacup of sour cream, or milk,  
2 teacups of sugar,  
1 teacup of butter,  
4 eggs, and 1 nutmeg,  
2 teaspoonfuls of saleratus,  
Flour enough to roll.

Cut into diamond cakes, and fry in hot lard.

## COFFEE FILLING

Heat 1 cup of rich cream, add 1 cup of granulated sugar and a heaping tablespoonful of butter.

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Cook until it threads, remove from the fire and whip in  $\frac{1}{4}$  cup of black coffee. Let cool before using.

### CHOCOLATE FILLING

2 cups of brown sugar,  
 $\frac{1}{4}$  pound chocolate,  
1 cup of milk,  
1 tablespoonful of butter,  
A few drops of vanilla.

Put milk, sugar and chocolate into double boiler and cook until chocolate melts, after which let cook for 30 minutes, or until it thickens. It may be necessary to have it boil hard for several minutes to have it thick enough. Add butter and vanilla, beat well and spread over cake.

### LEMON FILLING

2 eggs,  
2 lemons,  
2 tablespoonfuls boiling water,  
1 cup sugar,  
1 teaspoonful butter.

Pare lemons, add boiling water to rind, let stand 5 minutes.

To beaten eggs add sugar and lemon-juice, and



water from rind. Cook over boiling water until as thick as honey. Add butter, and when cool spread over cake.

## LEMON FILLING AND MERINGUE

- 1 large lemon,
- 2 tablespoonfuls of sugar,
- 2 eggs,
- 1 tablespoonful of cornstarch,
- 1 cup of water or milk.

To the beaten yolks add sugar, grated rind, juice, cornstarch and water. Cook in double boiler, stirring all the time until the mixture begins to thicken, after which add a little butter and set aside to cool. Should be as thick as cream. Put into pie tin which has been lined with the paste. Bake in moderately hot oven until the paste is brown and the custard firm. Cool before spreading meringue over it.

For the meringue allow 1 tablespoonful powdered sugar for each white, add it slowly to the white which has been slightly beaten and beat thoroughly several minutes. Spread it over cold pie, place on shelf of oven for an instant and brown slightly.

## Beverages

### COFFEE

1 tablespoonful of coffee to every cupful of water that is boiling.

To every spoonful of coffee  $\frac{1}{2}$  an egg shell.

Pour on boiling water, set on back of stove to heat slowly to boiling point. To drive the grounds to the bottom, pour in a little cold water.

### TEA

Allow one scant teaspoonful of tea to every cup of boiling water. Scald the teapot, put in the tea, pour over the boiling water, cover with a cozy and serve in 5 minutes, with cream and sugar or thin slices of lemon.

### RUSSIAN TEA

4 teaspoonfuls of tea,  
4 cups of boiling water,  
4 slices of lemon,  
4 teaspoonfuls of rum.

Proceed as for making tea. Serve in glasses half filled with ice into which the rum has been poured. Sweeten to taste and add lemon.

## TEA PUNCH

Boil a cupful of water with a pound of sugar until it threads, add a cupful of strong tea. Let cool, then add a pint of strawberry juice, the juice of 6 lemons and 4 oranges, and a can of shredded pineapple. Let the mixture stand half a day, then add a cupful of maraschino cherries, or fresh strawberries when in season, 2 sliced bananas, a quart of charged water and a quart of champagne. Serve with ice.

## COCOA

- 1 cupful of boiling water,
- 1 cupful of milk,
- 2 teaspoonfuls of cocoa,
- 2 teaspoonfuls of sugar.

After mixing cocoa and sugar, add the water slowly, mixing to a smooth paste. Let boil for several minutes, after which add the milk, which has been scalded; serve at once with or without whipped cream.

Chocolate may be made in the same manner and

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is often flavored with a few drops of vanilla. For chocolate allow 1 ounce for every pint.

### GRAPE NECTAR

Take the juice of 2 lemons and 1 orange, 1 pint of grape juice, 1 small cup of sugar, and 1 pint of water. Serve ice cold. If served from punch bowl, sliced lemon and orange add to the appearance.

### GRAPE PUNCH

Boil together 1 pound of sugar and  $\frac{1}{2}$  pint of water until it spins a thread; take from the fire and when cool add the juice of 6 lemons and a quart of grape juice. Stand aside overnight. Serve with plain water, apollinaris, or soda water.

### OLD MEDFORD PUNCH

1 quart of Old Medford rum,  
 $\frac{1}{2}$  pint of brandy,  
 $\frac{1}{2}$  pint of claret,  
1 cup of strong tea.

Sweeten to taste and add 3 sliced oranges, 1 sliced pineapple. Let stand 24 hours. Chill, and just before serving, add 2 quarts of champagne.

## RASPBERRY VINEGAR

To 2 quarts of raspberries, put a pint of cider vinegar. Let them lie together 2 or 3 days; then mash them up and put them in a bag to strain. To every pint, when strained, put a pound of best sugar. Boil it 20 minutes, and skim it. Bottle when cold.

## WEBSTER'S PUNCH

Two dozen lemons, strained; 2 pounds of sugar,  $\frac{1}{2}$  pint green tea, strained; 1 quart best brandy, 3 quarts claret; bottle and keep over night. Then add champagne to suit the taste, strawberries, bananas, oranges, cherries, pineapples, and any fruit desired.

Serve in punch bowl with ice.

## FLIP

To make a quart of flip:—Put the ale on the fire to warm, and beat up 3 or 4 eggs, with 4 ounces of moist sugar, a teaspoonful of grated nutmeg or ginger, and a quartern of good old rum or brandy. When the ale nearly boils put it into 1 pitcher, and the rum, eggs, etc., into another; turn it from one to another till it is as smooth as cream. This is called a *Yard of Flannel*.

## SYLLABUBS

Take the juice of a large lemon, the peel (pared very thin), a glass of brandy, 2 of white wine, and  $\frac{1}{4}$  pound of powdered sugar; put these ingredients into a pan and leave them; the next day add a pint of thick cream, and the whites of 2 eggs; whip the whole well, and pour the syllabub into glasses. They are the better for keeping a day or two. If the syllabubs are not wanted quite so good as the above, raisin or mountain wine will do as well as brandy.

## COMMON SYLLABUB

Half a pint of currant, the same of Port or white wine, half a grated nutmeg, and the peel of a lemon; sweeten well with pounded loaf or good brown sugar, and mix it together in a china bowl, and when the sugar dissolves, pour upon it 3 or 4 pints of milk. Serve it when cold.

## SYLLABUB, WHIPT

(1)

Mix together  $\frac{1}{2}$  glass of brandy, a little lemon-juice, and grated peel, with sugar enough to sweeten the whole; stir it into a pint of thick cream, and add the well-beaten whites of 6 eggs; whisk it for 1

hour, and put the froth, as it rises, upon a sieve to drain; put a little Port and sweet wine into glasses, and fill them up with the froth.

## SYLLABUB, WHIPT

(2)

Mix with a pint of cream,  $\frac{1}{2}$  pint of sweet wine, 1 glass of brandy, the juice of a lemon, grated nutmeg, 6 ounces of sifted loaf sugar. Nearly fill the custard glasses with the mixture, and lay on with a spoon some of the whip.

## SYLLABUB, STAFFORD-SHIRE

Put a pint of cider, a glass of brandy, sugar, and nutmeg into a bowl; pour warm milk from a large teapot some height into it.

## SOMERSETSHIRE SYLLABUB

Put a pint of Port, and a pint of sherry, or any other white wine, into a large bowl, sweeten it according to taste; fill the bowl with milk; in about 20 minutes' time, cover it tolerably high with clouted cream; grate nutmeg over it; add grated cinnamon.

## BEEF TEA

Cut a piece of lean, juicy beef into pieces 1 inch square, put them into a wide-mouthed bottle and cork it tight. Set the bottle into a kettle of cold water and boil it 1½ hours. This mode of making beef tea concentrates the nourishment more than any other.

## BRUISS

Take crusts of brown bread, and if they are dry and hard, lay them over night in a little water. In the morning add milk and boil them slowly. Take care they do not burn. Sprinkle in salt, and just before you take them up, add a little butter. If there is too much milk, take off the lid the latter part of the time. Take up the pieces as whole as you can.

Crusts of white bread make a good breakfast dish, in the same way, except that they do not need soaking over night.



## Pickles

### ARTICHOKES

Gather young artichokes as soon as formed; throw them into boiling brine, and let them boil 2 minutes; drain them; when cold and dry, put them in jars, and cover with vinegar, adding ginger, mace and nutmeg.

### TO KEEP ARTICHOKES IN PICKLE

Throw your artichokes in salt and water  $\frac{1}{2}$  day. Then put your artichokes in boiling water and let boil until you can just draw off the bottom leaves. Cut off the bottom smooth and clean, put them into a jar with pepper, salt, cloves, mace, 2 bay leaves, and as much vinegar as will cover them. Cover with melted butter 1 inch thick. Tie up close and use them as you have occasion.

### TO PICKLE ASPARAGUS

(1)

Take the longest asparagus, cut off the white ends. Lay evenly in a pot, throw over whole cloves, mace,

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and a little salt, put over enough white wine vinegar to well cover them. Let them lie in this cold pickle 9 days, then pour the pickle out in a preserving kettle, and let it boil until they are very green but not soft. When done put in jars and seal.

### TO PICKLE ASPARAGUS

(2)

Gather your asparagus and lay in an earthen pot, make a strong brine of water and salt, pour it over them hot, and keep the pot closely covered.

When you wish to serve them for the table, soak in cold water for 2 hours, boil and butter them in the usual manner. If you use them as a pickle, boil and lay them in vinegar.

### TO PICKLE BARBERRIES

(1)

Take equal quantities of water and the best vinegar, and to every pint add a pound of sugar, a few barberries and some salt. Boil this  $\frac{1}{2}$  hour. Pour this boiling hot over the barberries, seal in glass jars.

### TO PICKLE BARBERRIES

(2)

Get your barberries before they are too ripe; pick out the leaves and dead stalks, put them in jars and

cover with a strong brine, and seal. Should a scum arise put them into fresh brine; they need no vinegar for their own sharpness is sufficient to keep them.

### TO PICKLE FRENCH BEANS

Take young tender beans; cut off the top and tail; make a brine of cold water and salt, strong enough to bear an egg, put the beans into that brine and let them stand 4 days. Drain, add fresh cold water to them and let them boil until tender. Drain. To a peck of beans allow a gallon of the best vinegar, boiled with cloves, mace, whole pepper, and sliced ginger. Pour this boiling hot on the beans and seal.

### TO PICKLE KIDNEY BEANS

Get your beans when they are young and small, then put them into a strong brine of salt and water for three days. Stir them up 2 or 3 times each day, then put them into a brass pan, with vine leaves over and under them, pour on the same water as they came out of, cover them close and set them over a very slow fire till they are a fine green, then put them in a hair-sieve to drain.

Make a pickle of white wine vinegar, boil it 5 or 6 minutes, with a little mace, Jamaica pepper, long

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pepper, and a piece or two of ginger sliced, then pour it hot upon the kidney beans and seal.

### B E E T   R O O T S

Boil or bake gently until they are nearly done; drain them and when they begin to cool, peel and slice  $\frac{1}{2}$  inch thick, then put them in a pickle composed of black pepper and allspice of each 1 ounce, ginger pounded, horseradish sliced, and salt, of each  $\frac{1}{2}$  ounce to every quart of vinegar steeped.

### T O   P I C K L E   B R O O M   B U D S

Put the little broom buds into little linen bags — make a pickle of salt and water, strong enough to bear an egg. Put your bags in a pot, cover with brine and let them, closely covered, lie until they turn black. Change the brine 2 or 3 times until they change green. Take them out and boil them as you have occasion to use them. When boiled remove from the bags and in vinegar they will keep a month after this.

### P I C K L E D   C A B B A G E

Shred red and white cabbage, spread it in layers in a jar, strew on a handful of salt to each layer; at night of the third day, put it in a colander to drain.

The next morning, scald the vinegar with whole spices in it sufficient to cover it. If you wish to keep it several months, after 2 weeks drain and pour over fresh vinegar.

## TO PICKLE RED CABBAGE

Cut a close-leaved red cabbage in quarters. Boil the cabbage and then pickle in white wine vinegar and claret; add beets and turnips that have been boiled.

## RED CABBAGE

Choose fine, firm cabbages; the largest are not the best; trim off the outside leaves, quarter the cabbage, take out the large stalk, slice the quarters into a colander, and sprinkle a little salt between the layers; put but a little salt, as too much will spoil the color. Let it remain in the colander until the next day, shake it well that all the brine may run off, put it in jars, cover it up in hot pickle, composed of black pepper and allspice of each an ounce, ginger pounded, horseradish sliced, and salt of each 1 ounce to every quart of vinegar and 1 drachm of Cayenne.

## OLD-FASHIONED RECIPE FOR CATSUP

(1)

Boil 1 gallon of ripe tomatoes and put them through a colander; then boil again, adding 6 tablespoonfuls of salt or enough to taste. Dissolve 3 tablespoonfuls of mustard and 1 tablespoonful each of black pepper,  $\frac{1}{2}$  each of Cayenne pepper, allspice and cloves in 1 pint of vinegar. Pour this into the boiling tomatoes and stir constantly until thick enough; then bottle for use.

If bottles are sealed it will keep for years.

## OLD-FASHIONED RECIPE FOR CATSUP

(2)

Scald ripe tomatoes, and remove the skin. Let them stand a day, covered with salt; strain thoroughly to remove the seeds. To every 2 quarts of the liquor add 3 ounces of cloves, 2 of black pepper, 2 grated nutmegs, a little Cayenne pepper, and salt. Boil all together for  $\frac{1}{2}$  hour, then let the mixture cool and settle; add a pint of the best cider vinegar; bottle, cork tightly, and seal. Keep in a cool place.

## OLD-FASHIONED RECIPE FOR CATSUP

(8)

One bushel tomatoes, boiled, strained through a colander and sieve, 1 cup of salt, 2 teaspoonfuls each of mustard, mace, allspice, cloves, 4 teaspoonfuls of white pepper, 1 teaspoonful of cinnamon, 2 cups of granulated sugar, 2 quarts of vinegar. Cook over night, or until thick.

## CAULIFLOWERS

Choose firm, full-sized cauliflowers, cut away all the leaves and pare the stalk, pull away the flowers by bunches, steep in brine two days, then drain them, wipe dry and put them into hot pickle — or merely infuse for 3 days 3 ounces of curry powder in every quart of vinegar.

## SALTED CHERRIES

Select large, perfect fruit and remove the stems. Fill a 1-quart jar with cherries, half cover them with cold water, then pour enough vinegar in the jar to fill; lastly add a teaspoonful of salt. Seal. While these cherries are easily prepared, they are delicious and can be used as a substitute for olives.

## CHILI SAUCE

Eighteen ripe tomatoes, 6 onions, 3 green peppers, 1 cup sugar,  $2\frac{1}{2}$  cups vinegar, 2 teaspoonfuls of salt, 1 teaspoonful each of cinnamon, allspice, and nutmeg, and  $\frac{1}{2}$  teaspoonful of cloves. Scald and peel tomatoes, and cook with onions and peppers until tender; then add sugar, vinegar and spices, and cook 10 minutes.

## CHOW-CHOW

1 large head red cabbage,  
1 large cauliflower,  
2 quarts small string beans,  
2 quarts green tomatoes,  
2 quarts cucumbers,  
2 quarts silver skin onions.

Cut cabbage into quarters and remove the core, then shave very thin slices, break the cauliflower into flowerets, but leave all the others whole. Mix all together and add 1 pint of fine salt.

Let them stand over night. In the morning rinse well in cold water and drain. Then add 1 ounce of white mustard seed, 1 ounce of celery seed, and 1 small box of ground mustard. Cover well with vinegar and boil 20 minutes. While cooling mix  $\frac{1}{2}$  pound of granulated sugar and 1 tablespoonful of turmeric, and stir thoroughly into the pickles.



**CHUTNEY LEAVES**

- 12 green sour apples,
- 2 green peppers,
- 6 green tomatoes,
- 4 small onions,
- 1 cup of raisins,
- 1 quart of vinegar,
- 2 tablespoonfuls of mustard seed,
- 2 tablespoonfuls of salt,
- 1 tablespoonful of powdered sugar,
- 2 cups of brown sugar.

Remove the seeds from the raisins and peppers, then add the tomatoes and onions, and chop all very fine. Put the vinegar, sugar and spices on to boil, add the chopped mixture and simmer 1 hour. Then add apples, pared and cored, and cook slowly until soft. Keep in small bottles well sealed.

**CHUTNEY SAUCE**

Pare and core sour apples. Then take of these apples, tomatoes, brown sugar, and best raisins, each 8 ounces; salt, 4 ounces; red peppers (chillies), and powdered ginger, 2 ounces each; garlic and small onions, 1 ounce each. Pound the whole well, and add 3 quarts of best cider or wine vinegar — or vinegar made from beer — and 1 quart of lemon-juice. Let it stand in the vessel a month, but give it a good

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shake daily. Then pour off the clear liquid and bottle it. The residue may be used in aid of a second batch of sauce, or, rubbed up into a very smooth paste, may form a constituent of French mustard.

### TO PICKLE CODLINS

Get your codlins (small green apples) when they are the size of walnuts, put a good many vine leaves in the bottom of a pan, then put in your codlins, cover them well with vine leaves and set on a slow fire till you can peel the skins off, then take them carefully up in a hair-sieve, and peel them with a penknife, and put them into the same pan with the vine leaves and water as before, cover close and set them over a slow fire till they are a fine green, then drain them through a hair-sieve, and when they are cold put them into distilled vinegar, and seal airtight.

### COLD PICKLES

Season some of the best vinegar with a little garlic, a little tarragon and a little sweet oil. Put it into a glass jar and keep well covered. You may throw into it green seeds and nasturtiums, morello cherries, little onions, small young carrots when but a finger long, radish pods, and various other things. Keep the jar well covered and the pickles will keep as long and as well as if it had been boiled.

## CORNICHONS

Take 10 pounds of very small cucumbers. Brush them all over to clean them well and cut off the stems. Put them into an earthen pan with 2 handfuls of salt. Let them rest 24 hours and then drain them. When they are well drained, return to the pan and cover with boiling hot white wine vinegar. Then cover the pan with a lid or dish and let the cucumbers set in the vinegar 24 hours. They will then be yellow. Pour the vinegar from them and cover with vine leaves. Boil the vinegar again; when it boils throw it over the cucumbers, stirring them well.

When the vinegar is cold, pour it from the cucumbers, boil it again. Then pour it over them and repeat this 4 or 5 times until they are a fine green. Keep them in the interval always covered with a layer of vine leaves, fresh each time, and also by a cloth kept down by a large dish. This, by keeping in the steam, will assist them in greening; then drain and put them in glass jars.

Boil some fresh white wine vinegar, to every quart of which allow  $\frac{1}{2}$  ounce of mace,  $\frac{1}{2}$  ounce of sliced ginger,  $\frac{1}{2}$  ounce of whole black pepper, 6 cloves, a few sprigs of tarragon and  $\frac{1}{2}$  clove of garlic.

Pour this boiling hot over the pickles and seal the jars.

### TO MANGO CUCUMBERS

Cut a little slit out of the side of the cucumber, and take out the seeds, then fill the space with bruised mustard seed, a bit of garlic, some slices of ginger, and some bits of horseradish; tie the piece in again and make a pickle of vinegar, salt, whole pepper, cloves and mace. Boil this and pour it on the mangoes — and repeat this each day for 9 days. When cold cover air tight.

### TO PICKLE CUCUMBERS

Wipe your cucumbers very clean. Allow a quart of vinegar to every 100 cucumbers; put in dill and fennel that has been cut small. Let the vinegar and herbs come to a boil, put in the cucumbers and let them warm through. Remove from the fire and keep close covered until next day. Then do the same. On the third day season the liquor before you set it on the fire with salt, sliced ginger, whole pepper and whole mace. When this comes to a boil put in the cucumbers; let the whole boil up; put in jars and seal.

### TO PICKLE CUCUMBERS IN SLICES

Cut the cucumbers in thick slices, and to 1 dozen cucumbers allow 2 or 3 good onions. Strew on them

a good handful of salt and let them lie in their liquor 24 hours. Then drain them; then boil the best white wine vinegar, and some cloves, mace, and Jamaica pepper and pour it scalding hot over them.

Cover air tight and keep them for use.

## SPICED CURRANTS

(1)

4 pounds of currants,  
4 pounds of sugar,  
1 pint of vinegar,  
2 tablespoonfuls of cinnamon.

Boil together until quite thick, say 2 or 3 hours.

## SPICED CURRANTS

(2)

To every pound of currants allow 1 pound of sugar. Make a syrup in the proportion of 4 pounds of sugar to 1 pint of vinegar, 2 teaspoonfuls of cinnamon, 2 teaspoonfuls of allspice, 1 teaspoonful of cloves,  $\frac{1}{2}$  teaspoonful of mace,  $\frac{1}{2}$  teaspoonful of salt.

When boiling add currants and boil 20 minutes. Put into tumblers; stand aside to get cold; then cover.

## SPICED CURRANTS

(3)

5 pounds of currants,  
4 pounds of brown sugar,  
2 tablespoonfuls of cinnamon,  
1 tablespoonful of cloves,  
1 pint of vinegar.

Boil 3 hours. Put in small jars and cover the same as jelly.

## DILL PICKLES

Take small-sized pickles, wash, and allow them to stand over night in cold water. In the morning drain and pack in a crock with dill between them. Boil a brine of 2 tablespoonfuls of salt to 1 quart of water. Allow this to get cold, then pour it to overflowing over the pickles. Be sure the pickles are kept well under the brine.

## DUTCH PICKLE

Slice 1 peck of green tomatoes and 6 large onions. Mix in thoroughly 1 teacupful of salt and let stand over night. In the morning drain, add 2 quarts of water and 1 quart of vinegar and boil 20 minutes. Drain again and throw away liquid. Then add 3 quarts of vinegar, 2 pounds of sugar, 2 tablespoon-

fuls each of cloves, cinnamon, ginger, allspice and mustard, and 12 green peppers chopped fine. Boil from 1 to 2 hours. Add curry powder to taste and seal in jars.

## TO PICKLE ELDER BUDS

Get your elder buds when they are the size of hop buds, and put them in strong salt and water for 9 days and stir them 3 times a day. Then put them into a pan, cover them with vine leaves, and pour the water on them they came out of, and set them over a slow fire until they are quite green.

Make a pickle for them of vinegar, a little mace, a few shallots, and some sliced ginger, boil this 2 or 3 minutes and pour it upon the buds — tie down and keep in a dry place for use.

## ENGLISH SALAD PICKLE

Peel and slice 6 good-sized cucumbers and 3 onions. Cover with  $\frac{1}{2}$  cupful of salt and let stand well pressed down over night. In the morning throw away the liquor and add  $\frac{1}{2}$  ounce of mustard seed, 2 teaspoonfuls of celery seed, 5 ounces of salad oil, and 1 pint of cold vinegar.

This makes a delicious pickle ready to eat in 48 hours, though the longer it is kept in air-tight jars the better it becomes.

## FRENCH PICKLE

Slice 1 peck of green tomatoes and 6 large onions. Let them stand over night in salt. Drain them well and cook in 1 quart of vinegar and 2 quarts of water for 15 or 20 minutes. Drain again. Add 2 quarts of vinegar, 2 pounds of brown sugar,  $\frac{1}{2}$  pound mustard seed, 1 tablespoonful of cloves, 1 of ground mustard, 1 of cinnamon, 1 of allspice, 1 of ginger, 1 teaspoonful red pepper. Boil 15 minutes.

## GARLIC AND ESCHALOTS

Garlic and eschalots may be pickled in the same way as onions.

## GHERKINS OR YOUNG CUCUMBERS

Gherkins or young cucumbers should be the size of a finger; smaller ones have not attained their flavor and larger ones are apt to be seedy. Put them in unglazed stone jars; cover them with brine composed of  $\frac{1}{4}$  pound of salt dissolved in 1 quart of boiling water, and left to become cold. Cover the jars and put them on the hearth before the fire for 2 or 3 days, till they become yellow, then pour off the brine, drain the cucumbers, scald and dry



the jars, return the cucumbers and cover them with the best white wine vinegar; set them again before the fire and let them remain until they become green, which will be in 8 or 10 days, then pour off the vinegar and put to them the following pickle:

To each quart of vinegar allow 2 ounces of black pepper, 1 ounce of ginger, 1 ounce of salt,  $\frac{1}{2}$  drachm of Cayenne, and 1 ounce of mustard seed. This pickle should have been allowed to stand near the fire for 2 or 3 days before needed.

The vinegar in which the cucumbers were greened should be bottled. It will make good sauce for cold meats or salad.

## SPICED GRAPES

### (1)

Eight pounds of grapes, mashed and cooked enough to strain out the seeds and skins. Put all the pulp through a sieve, add 4 pounds of sugar, and 1 tablespoonful each of cinnamon and allspice, and 2 teaspoonfuls of cloves. Simmer 3 hours.

## SPICED GRAPES

### (2)

Four pounds ripe grapes. Mash until all are broken; add 12 whole cloves, 12 allspice, 1 inch square of stick cinnamon, and half as much ginger.

Cook until the grapes are perfectly soft, then rub

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through a sieve, add 1 pint of vinegar, and sugar to taste. Put on to boil again and simmer until thick.

### SPICED GRAPES

(3)

Cook 12 pounds of ripe grapes until the skins burst. Remove from the fire and press through a fine sieve. Pick out as many of the skins as possible and cook these with  $1\frac{1}{2}$  cupfuls of vinegar. Take the pulp and put it in the preserving kettle, adding 7 pounds of sugar, 1 teaspoonful of cloves, and 2 teaspoonfuls of cinnamon, add boiled skins. Let this boil gently for  $\frac{1}{2}$  hour.

### GREEN TOMATO PICKLES

- 2 gallons of sliced tomatoes,
- 12 good-sized onions,
- 2 quarts of vinegar,
- 1 quart of sugar,
- 2 tablespoonfuls of ground mustard,
- 2 tablespoonfuls of black pepper,
- 1 tablespoonful of allspice,
- 1 tablespoonful of cloves,
- 2 tablespoonfuls of salt.

Put in layers of tomatoes, onions, and mixed spices and pour the vinegar over them.

**GREEN TOMATO SOY**

- 2 gallons green tomatoes, sliced without peeling,
- 12 onions, also sliced,
- 2 quarts vinegar,
- 1 quart sugar,
- 2 tablespoonfuls salt,
- 2 tablespoonfuls mustard,
- 2 tablespoonfuls black pepper,
- 1 tablespoonful celery seed,
- 1 tablespoonful allspice,
- 1 tablespoonful cloves,
- 1 tablespoonful cinnamon,
- $\frac{1}{2}$  teaspoonful Cayenne.

Mix all together and cook until tender, stirring often to prevent scorching. Put up in small glass jars.

**A PICKLE IN IMITATION  
OF INDIAN BAMBOL**

Take the young shoots of elder about the beginning or middle of May; take the middle of the stalk, the top is not worth doing; peel off the rind and lay them in a strong brine of salt and brine 1 night; drain and dry in a cloth. Make a pickle of half vinegar and half ale; to every quart of pickle put 1

ounce of long pepper, 1 ounce of sliced ginger, a few peppercorns, a little mace; boil it and put it hot over the shoots. Set the jar on the back of the stove and let it stand 2 hours, stirring very often.

## INDIAN PICKLE

The vegetables for this favorite pickle are small hard knots of white cabbage sliced, cauliflowers in flakes, long carrots not larger than a finger, or large carrots sliced, gherkins, French beans, small bottom onions, white turnips, radishes, half-grown, radish pods, eschalots, young hard apples, green peaches when the trees are thinned before the stones are formed, vegetable marrow, not larger than a hen's egg, small green melons, celery, shoots of green elder, horseradish, nasturtiums, capsicums, and garlic.

As all the vegetables do not come in season together, the best method of doing this is to prepare a large jar of pickle at such time of the year as most of the things may be obtained and the others as they come in season.

Thus the pickle will be nearly a year in making, and ought to stand another year before using, when, if properly managed, it will be excellent, but will keep and continue to improve for years.

For preparing the several vegetables, the same directions may be observed as for pickling them separately, only boiling is to be avoided, and soaking in

brine to be preferred; be very particular that every ingredient is perfectly dry before putting into the jar, and that the jar is very closely tied down every time that it is opened for the addition of fresh vegetables.

Neither mushrooms, walnuts, or red cabbage are to be admitted.

For the pickle: To every gallon of the best white wine vinegar add salt, 3 ounces; flour of mustard,  $\frac{1}{2}$  pound; turmeric, 2 ounces; white ginger sliced, 3 ounces; cloves, 1 ounce; mace, black pepper, long pepper, white pepper,  $\frac{1}{2}$  ounce each; Cayenne, 2 drachms; eschalots peeled, 4 ounces; garlic peeled, 2 ounces; steep the spice in vinegar on the back of the stove 2 days. The mustard and turmeric must be rubbed smooth with a little cold vinegar, and stirred into the rest when as near boiling as possible. Such vegetables as are ready must be put in; when Cayenne, nasturtiums or any of the other vegetables come in season, put them in the pickle as they are; any needing to be partially cooked first may be allowed to stand in fresh vinegar without spice, and when cold added to the general jar. Onions had better not be wet at all, but if it is desired not to have the full flavor, both onions, eschalots, and garlic may be sprinkled with salt in a colander to draw off all the strong juice; let them lie 2 or 3 hours.

The elder, apples, peaches, and so forth to be

greened as gherkins. The roots: radishes, carrots, celery, are only soaked in brine and dried. Half a pint of salad oil, or mustard oil, is sometimes added. It should be rubbed with the flour of mustard and turmeric.

It is not essential to Indian pickle to have every variety of vegetable here mentioned; but all these are admissible, and the greater the variety the more it is approved.

## INDIAN RELISH

Take a medium-sized cabbage and chop it  
fine,

16 green tomatoes,

6 large green peppers,

3 large white oninos.

Chop all the vegetables very fine, place in a bowl, sprinkle liberally with salt and let stand over night. The next day drain, and have ready in a saucepan, 3 pints of vinegar, 1 cup of sugar, a few cloves, 1 teaspoonful extract of cinnamon, and 2 tablespoonfuls of mustard seed, 2 tablespoonfuls of celery seed, tied in a cloth, and let this boil slowly  $\frac{1}{2}$  hour. Remove from fire, and when cold pour this over the pickles, having removed the celery seed.

## TO MAKE ENGLISH CATSUP

Take a wide-mouthed bottle, put in a pint of the best vinegar, 10 or 12 cloves of eschalot peeled and bruised, then take  $\frac{1}{4}$  pint of the best white wine, boil it a little and put to it 12 or 14 anchovies washed and shredded, and dissolve them in the wine. When cold put them in the bottle, then boil  $\frac{1}{4}$  pint more of the wine with some mace, sliced ginger, a few cloves and a teaspoonful of whole peppers; when almost cold slice in a small nutmeg, add some lemon-peel, and 2 teaspoonfuls of horseradish; add this to the other ingredients, seal the bottle, and for a week shake it once or twice a day.

## TO PICKLE LEMONS

Take 12 lemons, scrape them well — then cut down into 4 parts, but not quite through, so that they hang together. Cover with salt and let them stand for 3 days. Then slice an ounce of ginger, add 12 cloves of garlic parboiled and salted 3 days, a small handful of bruised mustard seed, some Indian red pepper, 1 to every lemon; take your lemons out of the salt and squeeze them gently, and put them into a jar with the spice.

Cover with the best white wine vinegar and seal, and in a month's time they will be ready to eat.

## TO PICKLE LOBSTERS

Boil your lobsters in salt and water, till they will easily slip out of the shell, take the tails out whole, just crack the claws, and take out the meat as whole as possible. Then make a pickle of half white wine and half water, put in whole cloves, whole pepper, whole mace, 2 or 3 bay leaves; then put in the lobsters, let them come to a good boil in the pickle, remove them to cool, boil the pickle longer, and when both are cold, put them together, keep them for use, keeping the pot close covered.

Serve with oil, vinegar, and lemon.

## TO PICKLE MANGOES

Take the largest cucumbers you can get before they are too ripe or yellow at the ends, then cut a piece out of the side, and take out the seeds with an apple scraper, or teaspoon, and put them in a very strong salt and water for 8 or 9 days, or until they are yellow, stir them well 2 or 3 times each day; then put them into a pan with a large quantity of vine leaves both under and over them, beat a little roach alum very fine, and put it in the salt and water that they came out of, pour it upon your cucumbers, and set it upon a slow fire, for 4 or 5 hours, till they are pretty green, then take them out and drain them



on a hair-sieve; when they are cold put to them a little horseradish, then mustard seed, 2 or 3 heads of garlic, a few peppercorns, slice a few green cucumbers in small pieces, then horseradish and the same as before mentioned till you have them filled; then take the piece you cut out and sew it on with a large needle and thread, and do all the rest the same way. Have ready a pickle: to every gallon of vinegar put 1 ounce of mace, the same of cloves, 2 ounces of ginger sliced, the same of long pepper, black pepper, Jamaica pepper, 3 ounces of mustard seed tied up in a bag, 4 ounces of garlic, and a stick of horseradish, cut in slices, boil them 5 minutes in the vinegar, then pour it on your pickles, tie them down and keep them for use.

### TO MAKE MELON MANGOES

Take small melons not quite ripe, cut a slit down the sides and remove the seeds. Beat mustard seed with shredded garlic, fill the mangoes with this mixture and replace the small pieces you cut out. Tie them up and put them in your pickle jar. Boil enough vinegar to cover them with whole pepper, some salt, and Jamaica pepper, and pour this scalding hot over the mangoes, covering them close to keep in the steam. Repeat this every day for 9 days; then seal.

## MELONS, MANGOES, AND LONG CUCUMBERS

Melons should not be much more than half grown; cucumbers full grown but not overgrown. Cut off the top, leave it hanging by a bit of rind, which is to serve as a hinge to a box lid; with a narrow spoon scoop out all the seeds, and fill the fruit with equal parts of mustard seed, ground pepper, and 2 or 3 cloves of garlic.

The lid which encloses the spice may be sewed down or tied.

The pickle may be prepared with the spices directed for cucumbers, or with the following:

To each quart of vinegar, put salt, ground mustard, curry powder, bruised ginger, of each  $\frac{1}{2}$  ounce, and 1 drachm of Cayenne pepper, all rubbed together with a large glassful of salad oil; add 2 ounces of eschalots,  $\frac{1}{2}$  ounce of sliced garlic, steep the spice in the vinegar, and put vegetables into it hot.

## SWEET PICKLED MELONS

Select cantaloupes, or musk melons, not quite ripe. Cut into oblong pieces, and remove rind and soft part near the seeds.

Prepare the spiced pickle in the following propor-

tions: To every 8 pounds of melon, take 1 pint of vinegar and 3 pounds of sugar. Mix  $\frac{1}{2}$  teaspoonful each of ground mace, and cloves, 1 teaspoonful each of ginger, allspice and cinnamon. Tie this in cloth and boil it with the vinegar.

Cook melon carefully in hot syrup until tender, then skim out into a large bowl. Repeat 3 or 4 times, last time heat all together; put in jars and seal hot.

## M U S H R O O M S

Choose small white mushrooms; they should be of one night's growth. Cut off the roots, and rub the mushrooms clean with a bit of flannel and salt. Put them in a jar, allowing to every quart of mushrooms 1 ounce each of salt and ginger,  $\frac{1}{2}$  ounce of whole pepper, 8 blades of mace, a bay leaf, a strip of lemon-rind, and a wineglassful of sherry. Cover the jar close and let it stand on the stove so as to be thoroughly heated and on the point of boiling; so let it remain a day or two till the liquor is absorbed by the mushrooms and spices; then cover them with hot vinegar, close them again and stand till it just comes to a boil, then remove from the fire.

When they are quite cold divide the mushrooms and spice into wide-mouthed bottles, fill them up with boiling vinegar. Be sure the vinegar covers the mushrooms. Seal air tight.

## TO PICKLE MUSHROOMS

Gather the buttons, peel them in water, wash and drain. Put them in a saucepan, then add a good quantity of salt, some whole peppers, cloves, mace, and nutmegs; let them boil in their own liquor for  $\frac{1}{4}$  hour over a brisk fire. Remove from the fire and drain, and put mushrooms in jars. Add to the liquor and spice an equal quantity of white wine and vinegar; add a few bay leaves; let this boil a few minutes. Pour it over the mushrooms and seal at once.

## MUSHROOM CATSUP

Gather mushrooms in dry weather; take the large, fully-grown flaps, and see that they are free from insects and earth. Add to each peck of mushrooms  $\frac{1}{2}$  pound of salt; break them up into a large earthenware pan, strew the salt over them, and let them stand for 3 days, stirring and mashing them up each day; then strain out all the juice. To every quart of juice put  $\frac{1}{2}$  ounce of whole black pepper,  $\frac{1}{2}$  ounce of bruised ginger,  $\frac{1}{4}$  ounce of allspice,  $\frac{1}{4}$  ounce of Cayenne, and the same quantity of pounded mace. Put all the spices with the juice into a large earthenware jar (standing in a pot of water), and boil for three hours; or the catsup may be boiled in a preserving pan. Let the spices remain in it when bottled.

## MUSTARD PICKLE

Chop together equal quantities of cauliflower, white onions, green peppers and green tomatoes. Pour over them scalding brine. Let stand over night; then drain. Bring to a boil  $\frac{3}{4}$  gallon of vinegar, 1 cup of sugar, and 2 tablespoonfuls butter; add 1 cup flour, 6 tablespoonfuls ground mustard and  $\frac{1}{2}$  ounce turmeric powder wet in cold vinegar, and pour it all scalding hot over pickle.

## TO PICKLE NASTURTIUMS

Gather the nasturtium berries soon after the blossoms are gone, put them in cold salt and water, change the water once a day for 3 days. Make your pickle of white wine vinegar, mace, nutmeg, sliced peppercorns, salt, shallots, horseradish; it requires to be made pretty strong, as your pickle is not to be boiled. When you have drained them, put them into a jar, and pour the pickle over them.

## TO PICKLE NASTURTIUM BUDS

Gather your little knobs quickly after your blossoms are off; put them in cold water and salt for 3 days, shifting them once a day. Then make a cold

pickle of white wine, some white wine vinegar, escha-lot, horseradish, pepper, salt, cloves, and whole mace, and quartered nutmeg; then put in your seeds and cork air tight. They are to be eaten as capers.

## PICKLED NUTS (BUTTER-NUTS AND WALNUTS)

Gather them early in the summer on a hot, clear day, when they are tender enough to pierce easily with a pin. The large walnuts or shagbarks, which have a thick outer rind are the best for pickling.

Lay them in strong salt and water,  $\frac{1}{2}$  cup of salt to a cup of water, for several days, or until tender. Change the water every other day. Take them out, and rub them with a coarse towel; then put them where the sun will shine on them until they are black. Shake them occasionally, so they will be uniformly colored. If you do not care for the dark color, you may put them at once from the brine into cold water for  $\frac{1}{2}$  day. When ready to pickle them wipe the nuts dry, and fill the jars  $\frac{3}{4}$  full. Take a little more than vinegar enough to fill the jars, and to every quart allow  $\frac{1}{4}$  cup of brown sugar, 12 cloves, 12 peppercorns, 12 allspice berries, 12 cassia buds, and 1 square inch stick cinnamon.

Boil the spices in the vinegar 10 minutes, then strain, and pour it boiling hot over the nuts. Re-

peat this 2 times and after the last time cover closely or seal; put away in cool, dry place.

They should stand about a month before using.

## ONIONS

Onions should be chosen about the size of marbles.

Prepare a hot brine and put them into it; let them remain 2 days. Then drain them and when quite dry, put them into clean, dry jars, and cover with hot pickle, in every quart of which has been steeped 1 ounce each of horseradish sliced, black pepper, allspice and salt — with or without mustard seed. In all pickles the vinegar should always be 2 inches or more above the vegetables, as it is sure to evaporate and if the vegetables are not thoroughly immersed in the vinegar they will not keep.

## TO PICKLE SMALL ONIONS

Take young white onions, as big as the tip of your finger, lay them in water and salt 2 days. Drain, and cover with boiling vinegar that has been spiced according to your taste. Seal.

## TO PICKLE OYSTERS

Wash your oysters in their own liquor, removing with the fingers all bits of gravel or shell that may

adhere to them. Strain some fresh liquor and add an equal quantity of water, set this on the fire and as it boils skim it clean. Then add some whole peppers, some blades of mace, and the oysters, stirring them until the edges curl. Then take them off, put them in glass jars, pour the boiling liquor over them and seal at once. When you serve them, add white wine or vinegar to them.

### TO PICKLE PARSLEY GREEN

Take a large quantity of salt and water, make a brine sufficiently strong of salt to bear an egg. Put in your parsley, let it stand a week and then drain; make a fresh brine, let it stand another week, then drain it thoroughly, put it in fresh water, and change it every day for 3 days. Then scald it until it becomes green, take it out and drain it quite dry. Boil a quart of distilled vinegar a few minutes with 2 or 3 blades of mace, a sliced nutmeg, and 1 or 2 shallots. When it is quite cold, pour it on your parsley, with 2 or 3 slices of horseradish, and keep it for use.

### PICKLED PEACHES

7 pounds of peaches pared,  
3½ pounds of sugar,



- 1 quart best vinegar,
- 1 teaspoonful of powdered cinnamon,
- 1 teaspoonful of cloves.

Scald 1 pint of vinegar and the sugar, and pour over them.

## SWEET PICKLED PLUMS OR PEACHES

If peaches are used wipe them well to remove the fur.

Plums should be pricked in several places, to keep them from cracking.

- 8 pounds fruit,
- 4 pounds of sugar,
- 1 quart vinegar,
- 2 ounces of whole cloves,
- 2 ounces of stick cinnamon,
- $\frac{1}{2}$  ounce of ginger root.

Boil vinegar, sugar and spices together 10 minutes, add peaches and just let them stand 1 or 2 minutes, being careful not to have them boil or become soft. Then pour in stone jar and in a week pour off the vinegar and scald again.

## PICKLED PEARS

7 pounds of pears,  
4 pounds of sugar,  
2 ounces of cinnamon,  
2 ounces of cloves,  
2 ounces of mace, to  
1 pint of vinegar.

Pound the spice and put in bag; prick fruit before boiling and boil until tender, then put in the jar; boil vinegar and spices and pour on.

## SWEET PICKLED PEARS

Ten pounds Bartlett pears, not quite ripe; wipe them, remove the blossom end; cook in boiling water until tender.

Remove the fruit and strain the water, take 1 quart of this water, add to it 1 quart of vinegar, 5 pounds sugar, and  $\frac{1}{2}$  cup of mixed whole cloves, allspice, mace and stick cinnamon.

Boil  $\frac{1}{2}$  hour, then add pears and when well scalded remove them and pack in jars. Boil syrup down until there is enough to cover the fruit and seal at once.

**PEPPER RELISH**

- 1 dozen green peppers,
- 1 dozen red peppers,
- 14 medium-sized onions,
- 3 even tablespoonfuls salt,
- 1 teacupful sugar.

Cut the peppers and onions through meat chopper. Pour boiling water over them, let stand 5 minutes, drain, repeat second time, drain, then boil 10 minutes, with boiling water turned on them, drain again. Add salt, sugar, and 2 small cups of vinegar. Cook 15 minutes and can.

**PICCALILLI**

One peck of green tomatoes chopped; cover with 1 cup of salt, let stand over night. Chop 5 onions, 5 peppers, add 2 cups of brown sugar, 1 teaspoonful of white pepper, 1 tablespoonful ground cinnamon, 1 tablespoonful of allspice, 1 tablespoonful of mustard, 2 quarts of vinegar.

Drain the water off and chop the tomatoes still finer, put in the kettle alternate layers of spices and tomatoes and cook slowly all day.

## PICKLED PLUMS

To 14 pounds of plums, take  
7 pounds of sugar,  
1 quart of vinegar,  
2 ounces of cloves,  
2 ounces of allspice,  
 $\frac{1}{2}$  ounce of mace,  
 $\frac{1}{2}$  pound stick cinnamon.

Put a layer of plums in a stone jar, and then a layer of spices, until you get them all in. Pour on the vinegar, set the jar in a pot of warm water, and let it boil until the plums on top crack open; put the spices in a swiss muslin bag.

## SPICED PLUMS

7 pounds of plums,  
4 pounds of brown sugar,  
2 tablespoonfuls of cinnamon,  
1 cup of vinegar.

## SWEET PICKLED PLUMS

7 pounds of plums,  
3 pounds of sugar,  
1 quart of vinegar,

1 ounce of cinnamon,  
1 ounce of cloves.

Put the spices in a bag and boil in the sugar and vinegar, and pour over the fruit while hot.

## PICKLE QUINCE

Cut 5 or 6 quinces in pieces and put them in an earthen pot or pan with a gallon of water and 2 pounds of honey; mix together well, and then put them in a kettle to boil leisurely for  $\frac{1}{2}$  hour, and then strain your liquor to an earthen pot and when cold wipe your quinces clean, and put them into it. Cover air tight and they will keep all the year.

## TO PICKLE RADISHES

Gather the youngest pods and put them into salt and water for 24 hours; then make a pickle of vinegar, cloves, mace, and whole peppers, add a little garlic; boil this; drain the pods from the salt and water, put them in the pickle, and bring quickly to a boil. Put in glass jars, cover with the pickle, and seal immediately.

## TO PICKLE RADISH PODS

Gather your radish pods when they are quite young, and put them in salt and water, all night;

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then boil the salt and water they lay in, and pour it upon your pods, and cover your jars close to keep in the steam. When it grows cold, make it boiling hot, and pour it on again; keep doing so till your pods are quite green, then put them in a sieve to drain. Make a pickle for them of white wine vinegar, with a little mace, ginger, long pepper, and horse radish; pour it boiling hot upon your pods; when it is almost cold, make your vinegar twice hot as before and pour it upon them. Seal air tight.

### PICKLED RAISINS

A layer of raisins, a little sugar and spice, and scalding vinegar to cover them.

### SALAMAGUNDI

Salt shad sliced thin and washed in 2 or 3 waters, onions sliced thin, cover with vinegar and let stand awhile and drain; add fresh vinegar.

### TO PICKLE SAMPHIRE

(1)

Pick your samphire from dead or withered branches, lay it in a bell metal or brass pot, then put in a pint of water and a pint of vinegar; continue this until your pickle is an inch above the

samphire. Close the pot tightly and let it boil for an hour. When it is cold put in tubs or pots, assorting the best stalks by themselves.

## TO PICKLE SAMPHIRE

(2)

On the seacoast this is merely preserved in salt and water, or equal parts of sea salt and vinegar, but as it is sometimes sent fresh into inland parts, the best way of managing it under such circumstances is to steep it 2 days in brine, then drain and put it in a stone jar covered with vinegar and having a lid, over which put a thick paste of flour and water and set it in a cool oven over night, or in a warmer oven until it nearly boils.

Then when it becomes cold remove the paste and add cold vinegar and secure as other pickles.

## SHIRLEY SAUCE

Twelve good-sized ripe tomatoes; 2 bell peppers (large ones); 2 onions (many omit these, and like the sauce better — consult your own taste). Scald and skin the tomatoes; chop the peppers and onions (if used) very fine. Then add 1 cup of vinegar, and boil 2 hours; then put in another cup of vinegar and boil 1 hour, or until the mixture does not separate. Then stir in 1 teaspoonful of cloves, 1 des-

sertspoonful of cinnamon, and a teaspoonful of pimento (allspice).

## TO PICKLE SPRATS FOR ANCHOVIES

Take an anchovy barrel, or a deep glazed pot, put a few bay leaves at the bottom, a layer of bay salt, and some saltpeter, mixed together; then a layer of sprats crowded close, then bay leaves, and the same salt and sprats and so on until your barrel or pot is full; then put in the head of your barrel tightly and once a week turn the other end upwards; in 3 months they will be fit to eat as raw anchovies.

## TO PICKLE SPARROWS OR SQUAB-PIGEONS

Take your sparrows, pigeons, or larks, draw them and cut off their legs; then make a pickle of water,  $\frac{1}{4}$  pint of white wine, a bunch of sweet herbs, salt, pepper, cloves, and mace. When it boils put in your sparrows; when they are done remove to cool. Put them in a jar, then make a strong pickle of Rhenish wine and white wine vinegar; put in an onion, a sprig of thyme and savory, some lemon-peel, some cloves, mace, and whole pepper; season it pretty high with salt; boil all these together. When cold pour over



your sparrows. Once a month boil the pickle over again and when the bones are dissolved it is ready to serve.

## CHOPPED TOMATO PICKLE

6 quarts green tomatoes,  
2 or 3 green peppers chopped fine,  
1 cup of salt.

Let them stand over night. Then drain and boil in vinegar and water (about  $\frac{1}{4}$  water). Boil 20 minutes, drain again, then add

3 pints of vinegar,  
2 pounds of sugar,  
1 tablespoonful cinnamon,  
1 tablespoonful ginger,  
 $1\frac{1}{2}$  tablespoonfuls of mustard,  
1 tablespoonful of allspice, and  
1 tablespoonful of cloves.

Boil  $\frac{1}{2}$  hour.

## SWEET PICKLED TOMATOES

(1)

One pint vinegar and 1 pound of sugar to 4 pounds of fruit. Scald tomatoes in salt and water;

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then drain and place in the jar. Then put sugar and vinegar in a kettle on the stove; then spices as follows: Cinnamon, cloves and white mustard seed, and 1 red pepper, and let them scald thoroughly and pour on the tomatoes, keeping them covered.

### SWEET PICKLED TOMATOES

(2)

Slice and boil in ginger water until the wild taste is removed. Then, to 2 pounds of the fruit, take 1 pound of brown sugar and 1 pint of vinegar. Spice very highly with cinnamon, cloves and mace. Let it have a good boil.

### TOMATO MANGOES

Take large green tomatoes, cut with the stem a piece large enough to permit the scooping out of the seeds, and then fill with mustard seed and spices, or anything which is preferred. Secure the piece cut out and cover with cold vinegar.

### TOMATO RELISH

1 peck of green tomatoes sliced,  
1 dozen onions sliced.

Sprinkle them with salt and let them stand until the next day, when drain them. Then use the following spices:

- 1 box mustard,
- 1½ ounces of black pepper,
- 1 ounce of whole cloves,
- 1 ounce of yellow mustard seed,
- 1 ounce of allspice.

Put in kettle a layer of spices and 1 of tomatoes and onions alternately. Cover them with vinegar, wet mustard before putting it in. Let the whole boil 20 minutes.

## TO PICKLE WALNUTS

Take green walnuts about midsummer, and cover with ordinary vinegar; change them into fresh once in 14 days for 6 weeks.

Then take 2 gallons of the best vinegar and put in 1 ounce each of bruised coriander seeds, carraway seeds and dill seeds, 3 ounces of sliced ginger, 1 ounce of whole mace, an ounce each of ground nutmeg and pepper. Let this boil a few minutes, add the walnuts, boil again, and put in jars and seal.

## PICKLED WATERMELON RIND

Pare the green from the rind of a large-sized watermelon, cut into small strips and throw into cold water. When all are done, put in a porcelain kettle in cold water and boil until it can be easily pierced with a straw. Strain through a colander, put in your kettle  $2\frac{1}{2}$  quarts of cider, 2 pounds of sugar, 1 dozen sticks of cinnamon, 2 teaspoonfuls each of whole cloves and allspice. Put the rind when well drained into this and boil for an hour or more. Put in jar and cover tightly. Can be used in a month.

## SWEET PICKLED WATER- MELON RIND

Cut rinds into small pieces and remove skin; cover with cold water and a little salt and cook until tender. Make a syrup of 6 cups of sugar and 3 of vinegar, a few cinnamon sticks, and 2 tablespoonfuls of whole cloves. Boil the sugar and vinegar for 6 minutes, add the spices, and simmer until the syrup thickens; add the rind and simmer an hour. Fill jars and seal hot.

**WORCESTERSHIRE SAUCE**

All the English sauces in popular use are founded upon walnut catsup — that is, of English walnuts — or upon mushroom catsup. To make a catsup of walnuts, the green shells are taken in these proportions: 2 gallons walnut juice, 5 pounds salt, mixed and bruised, and allowed to lie a week; the liquor is then pressed out, and to every gallon is added 4 ounces of allspice, 3 ounces of ginger, and pepper and cloves 2 ounces each, all bruised. The whole is then simmered for 30 minutes, and is then set aside to clear. This is the catsup. To make a sauce of this similar to Worcestershire, take 1 gallon of Port wine,  $\frac{3}{4}$  gallon of catsup, 2 pounds anchovies, with their liquor, 8 lemons, 48 shallots or small onions, scraped horseradish,  $1\frac{3}{4}$  pounds; mace, 1 ounce; Cayenne, 2 ounces; mustard, 8 ounces. Boil the whole gently, and then strain and bottle.

## Preserves

### APRICOT JAM

Divide fine apricots that have become yellow, but not over ripe; lay the hollow part uppermost on china dishes, and strew over 12 ounces of sugar to every pound of fruit. Let it lie until it becomes moist, then boil it 20 minutes, stirring it well. Blanch the kernels and boil with the jam.

### APRICOT OR ANY PLUM JAM

After taking away the stones of the apricots, and cutting out any blemishes they may have, put them over a slow fire, in a clean stewpan, with  $\frac{1}{2}$  pint of water; when scalded, rub them through a hair-sieve. To every pound of pulp, put 1 pound of granulated sugar; put it in the preserving pan over a brisk fire; when it boils skim it well, throw in the kernels of the apricots, and  $\frac{1}{2}$  ounce of blanched bitter almonds; boil rapidly  $\frac{1}{4}$  hour, stirring all the time; remove from the fire and put in glasses or jam pots; cover with paraffine.

## APRICOT MARMALADE

Take ripe apricots, cut in two and remove the stones; put in the preserving kettle and allow 1 pound of sugar to one of fruit. Stir frequently and allow the fruit to boil 15 minutes or until a thread forms from the spoon. Break half of the kernels, blanch the rest and just before removing the marmalade from the fire stir these in thoroughly.

## TO PRESERVE APRICOTS

Stone and pare your apricots. Cover with an equal weight of sugar. Let stand over night.

The next day put them in a preserving kettle, let them simmer a while and then boil until they are clear and tender. Pierce them with a fork that the syrup may penetrate into them, after which put them into glasses. Boil and skim the syrup and when it is cold put it on the apricots. Seal with paraffine.

## TO PRESERVE BAR- BERRIES

Take the largest barberries you can get. To every pound of fruit allow 3 pounds of sugar. Allow the sugar to boil 15 minutes before putting in the barberries. Let them come to a boil; remove

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from fire, skim them and return again to the stove and then boil. Then set them aside until the next day. Then put in glasses and pour the syrup over them. Set in sun to dry. Cover with paraffine.

### BARBERRY SAUCE WITH SWEET APPLE

Half a peck of barberries, 2 quarts of molasses, 1 peck of sweet apples.

Pick over the barberries, to remove the stems and leaves, wash them, and put on to boil with water enough to float them. Add the molasses and cook until the berries are tender.

While they are cooking, pare, quarter, and core the apples. Skim out the barberries and cook the apples in the syrup, as many as can be cooked conveniently. When tender, put them into the jar with the berries, and boil the syrup down until it is thick. Pour it over the fruit and the next morning heat all together again, and put away in a large stone jar. Scald it occasionally and it will keep without sealing.

### IMITATION BAR-LE-DUC

Take 1 pound of currants to 5 pounds of raspberries. Crush the currants and weigh again with the raspberries, keeping the fruit separate by a bit of



paper, and allow  $\frac{3}{4}$  pound of sugar to every pound of fruit. Let the currants come to a boil, and, skimming carefully, let boil 25 minutes; then add the raspberries, and let cook until it jellies, about 20 minutes longer; seal while hot.

## BRAMBLE AND APPLE

To every pound mixed fruit allow 1 pound of preserving sugar; to each pound of bramble add 1 pound of sliced apple; boil for 1 hour from time it simmers.

## PRESERVED CHERRIES

### (1)

Stone the cherries, saving all the juice; weigh, and to each pound allow  $\frac{3}{4}$  of a pound of sugar. If the cherries are very sour, allow 1 pound.

Put the cherries into the preserving kettle, covering with sugar, and stand aside for 3 hours; then bring it to a boil, skim, and simmer until the cherries are clear. Pour in jars and seal.

## PRESERVED CHERRIES

### (2)

Pick and stone your cherries, allow an equal weight of sugar. Mix  $\frac{3}{4}$  of the sugar with currant juice; allow it to come to a boil, then put in your

cherries. Boil very rapidly now and then strewing in the sugar that was reserved. Skim well and when they are done fill glasses and when cold cover with paraffine.

## CHERRIES IN BRANDY

Weigh the best morellos, having cut off the stalks, prick them with a needle, and drop them into jars or wide-mouthed bottles. Allow  $\frac{3}{4}$  the weight of sugar or rock candy, strew, fill up with brandy and cover air tight.

## TO MAKE MARMALADE OF CHERRIES

Stone 4 pounds of cherries, add 1 quart of currant juice. Simmer until tender, break and mash the fruit. Boil 3 pounds of sugar until it coats the spoon, add the cherries and boil until it thickens. Pour into glasses and when cold cover with paraffine.

## TO PRESERVE CHERRIES WITHOUT BOILING

Cut the stalks an inch from the fruit, put the cherries into wide-mouthed bottles (olive bottles are excellent for this purpose). When full put powdered sugar over the top and pour in brandy enough to cover the fruit. Cork tightly.

## TO PRESERVE GREEN CODLINS

Take codlins about the size of a walnut with the stalks and a leaf or 2 on; put a handful of vine leaves in a pan of water, then codlins, then vine leaves, until the pan is full; cover it close, that no steam may get out; set it on a slow fire. When they are soft, remove the skins with a knife; then put them in the same water with the vine leaves. It must be quite cold or it will be apt to crack them. Put in a little alum, and set them over a very slow fire until they are green, which will be in 3 or 4 hours. Take them out and lay them on a sieve to drain. Make a good syrup and give them a gentle boil once a day for 3 days; then put them in small jars. When cold cover with paraffine.

## COMPOTE OF CHESTNUTS

Take some large fine roasted chestnuts, peel them and put them in a pan with some powdered sugar and a very little water. Let them simmer over a slow fire for  $\frac{1}{2}$  hour. When done, take them out, put them into a dish, squeeze a little lemon-juice over them, and sprinkle with powdered sugar.

## TO PRESERVE CITRON MELON

Cut the melon into strips or squares, peel and seed it. Boil it in water until tender; weigh before boiling. One pound of sugar to a pound of fruit. Dissolve the sugar in some of the water that the fruit has been boiled in. Lemon or ginger root to season. Put the fruit into the syrup and boil a few minutes.

## CRANBERRY JELLY

(1)

2 quarts of cranberries,  
2 cups of water.

Boil until soft, strain, add 1 pound of sugar to each pint of juice.

## CRANBERRY JELLY

(2)

Carefully wash and pick over 2 quarts of cranberries; add 1 pint of cold water and place them in a porcelain-lined saucepan over a quick fire; stir occasionally, and when the berries are soft mash them with a spoon; bring to a boil and then add a quart

bowl full of granulated sugar; boil 10 minutes and pour into molds. The berries should not be on the fire more than 25 minutes, as the more quickly they are done the more brilliant the color of the jelly. Cool the molds with cold water before using.

## CURRENT JELLY

1 pound of sugar to  
1 quart of juice.

Boil 20 minutes.

## TO DRY CURRANTS IN BUNCHES

When the currants are stoned and tied up in bunches, to every pound of currants take  $1\frac{1}{2}$  pounds of sugar, put  $\frac{1}{2}$  pint of water, boil the syrup thoroughly, lay your currants in it, set them on the fire, and let them just come to a boil; take them off and let them stand in the syrup until next day. Then let them come to a boil once more and take them off and let them stand 2 days. Remove from the syrup, drain well, put the bunches on plates, sift well with sugar, and put them near the stove to dry. The next day if the upper side is dry, turn them again, sift sugar over them, and when they are quite dry, lay between papers.

TO PRESERVE  
CUCUMBERS

(1)

Take large and fresh-gathered cucumbers, split them and take out the seeds, lay them in salt and water that can bear an egg, 3 days. Set them on the fire in cold water and a small lump of alum, and boil them a few minutes, or till tender. Drain, and pour on them a thin syrup; let them stand 2 days. Boil the syrup again, and put it over the cucumbers; repeat it twice more; then have ready some fresh clarified sugar, boiled until thick; put in the cucumbers and simmer 5 minutes, set it by until the next day, boil the cucumbers and syrup again, and set them in glasses for use.

(2)

Take small cucumbers and large ones that will cut into quarters, the greenest and most free seeds that you can get; put them in strong salt and water, in a straight-mouth jar, with a cabbage leaf to keep them down; set them in a warm place till they are yellow; wash them out and set them over the fire in fresh water, with a little salt in, and a fresh cabbage leaf over them; cover the pan very close, but take care they do not boil. If they are not a fine

green, change the water and make them hot and cover them as before.

When they are a good green take them off the fire, let them stand till they are cold, then cut the large ones in quarters, take out the seeds and soft part, then put them in cold water, and let them stand 2 days, but change the water twice each day to take out the salt.

Take a pound of sugar and  $\frac{1}{2}$  pint of water, set it over the fire; when you have skimmed it clean, put in a rind of lemon and 1 ounce of ginger, with the outside scraped off (when it is pretty thick, take it off), and when it is cold wipe the cucumbers dry and put them in; boil the syrup once or twice in 2 or 3 days for 3 weeks and strengthen the syrup, if required. The syrup is to be cold when you put it on your cucumbers.

## TO PRESERVE SMALL CUCUMBERS

Boil small cucumbers but not very tender; drain and make a hole through every one with a large needle. Pare and weigh them and to every pound allow a pound of sugar. Allow 1 pint of water to every pound of sugar and boil together into a syrup, keeping them well covered; remove from fire and let them stand for 3 or 4 days.

Make a fresh syrup of  $\frac{3}{4}$  pound of sugar to every

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pound of cucumbers, the juice of lemon, and a little ambergris, enough water to moisten it, and when this is boiled to a thick syrup, have the pickles placed in a jar and pour the syrup over them. Seal.

### TO PRESERVE CURRANTS IN JELLY

Strip the currants from their stems, put in an earthen pot placed in boiling water and keep the water boiling 3 hours. Remove the currants to a cheese-cloth bag and strain off the juice. To every pint of juice add 1 pound of sugar. Have ready some fresh ripe currants and let the whole boil 20 minutes, or until it jellies. Pour in glasses and when cold cover with paraffine.

### CURRANTS PRESERVED WITHOUT COOKING

Mash currants thoroughly; add equal quantities of sugar. Let stand 6 or 8 hours; fill jars and cover with paraffine.

### PRESERVE CURRANTS IN BUNCHES

White of 1 egg slightly beaten; add pulverized sugar enough to make thin frosting. Dip in whole



bunches of currants and when well covered shake slightly; then dip in granulated sugar. Shake and lay on plate in sun to dry.

## TO BOTTLE DAMSONS OR GOOSEBERRIES

Damsons should have attained their dark color, but not be ripe. Be careful not to bruise them. Fill wide-mouthed bottles, shake them down so as to get in as many as possible, and to each bottle put in a wine glassful of good home-made wine, either ginger or raisin, no other is so good.

Cover the top with paraffine paper; stand the bottles in cold water up to their necks and let them come to a boil, remove from the fire; remove the paper when they are quite cold, cover the fruit with sugar, add brandy, and cover the bottles air tight.

Currants that are full grown but not turned may be preserved in the same way.

## DAMSON CHEESE

It is sometimes made with the whole skins and pulp — sometimes with the pulp only. In either case, the fruit is first to be baked or boiled in a stone jar until it is tender; and the stones will separate.

If the skins are to be used, merely take out the

stones with a spoon, then measure it into a preserving pan. If the skins are objected to, rub it through a very coarse sieve, so that they may be retained with the stones. Having measured the fruit, set it over a brisk fire, and let it boil rapidly until the liquid has evaporated dry; then add powdered sugar in the proportion of  $\frac{1}{2}$  pound to 1 quart of fruit and let it boil on until the jam candies to the sides of the pan.

The stones may be cracked and the kernels skinned and boiled in the jam. Place in shallow jars, so that the cheese may be easily turned out when brought to table. Cover with paraffine to keep it air tight until used.

## TO PRESERVE DAMSONS WHOLE

Take some damsons, cut them in pieces and put them in a kettle with as much water as will cover them. Let them boil until the liquor is pretty strong, then strain, and to every pound of damsons allow a pound of granulated sugar, put  $\frac{1}{3}$  of the sugar in the liquor and set it over the fire; when it simmers put in your damsons, let them come to a boil, and then take them off for  $\frac{1}{2}$  hour, keeping them close covered; then put them on again and let them simmer over the fire, often turning them; take them out, put them in a bowl, cover with remainder of syrup and pour the hot liquor over them, let them

stand until the next day. Then boil them until they are done; take them out and put in pots. Boil the liquor until it jellies and pour it on them. When cold seal with paraffine.

## FIGS AND WALNUTS

Pare figs and sprinkle heavily with sugar, and let stand over night. Turn into a preserving kettle and let cook 2 hours. Add 1 cupful of sugar to 1 pint of fruit and the juice of a large lemon. Let this cook until transparent and until it will jelly, which will be 2 hours or more; stir frequently to prevent burning. Half an hour before removing from the fire add slightly-chopped walnuts,  $\frac{1}{2}$  cupful to 1 pint of fruit. Can and seal.

## FOUR-FRUIT JAM

Gooseberries, cherries, currants, and strawberries, equal quantities of sugar; cook until thick.

## GELÉE DES QUATRE FRUITS

Remove the stones and stems from 1 pound of cherries, seed 1 pound of gooseberries, allow an equal quantity of hulled strawberries and currants. Put the fruits in a preserving kettle, with 4 pounds of

sugar. Let it boil briskly 10 minutes and put in jars.

## TO PRESERVE GINGER

If your ginger can be had green, it is the best. Pare it and throw it into cold water, as you do so to preserve the whiteness. If dried ginger is used, boil it in several waters until tender; then proceed as above. After all the stalks are cleanly scraped, boil until tender. Pour off the liquor and repeat 3 times; when quite cold drain the ginger and put it in a china bowl.

Clarify sugar for preserving it; allow the proportion of 8 pounds of sugar to 7 of ginger. Let the sugar become cold; then pour enough of the sugar over the ginger to cover it. Let it stand 2 days. Then strain the syrup from the ginger and boil it with the remainder of the sugar 20 minutes or  $\frac{1}{2}$  hour. When it is cold, again pour it over the ginger and let it stand 3 or 4 days; by this time the ginger will have finely swollen.

Then strain the syrup; put the ginger into jars. Let the syrup come to a boil, pour it boiling hot over the ginger and seal.

## TO PRESERVE GOOSE- BERRIES

Take gooseberries that are not too ripe, stone them, put them in the kettle with enough water to cover them, scald until they are tender, remove from the water and peel off the outer skin, weigh the fruit and allow an equal quantity of sugar.

Add sugar and fruit to water in which gooseberries were scalded, boil until the fruit is clear; put in glasses, and when cold cover with paraffine.

## TO PRESERVE GOOSE- BERRIES IN HOPS

Take large gooseberries, make a small hole in the end and remove the seeds; be careful not to break them. Take fine long thorns or thin skewers and fill the stick of thorn with gooseberries, place in a covered pan, with enough water to cover the fruit, scald, but do not let the water boil, until they are green. Drain them. Have ready a syrup made by boiling whole gooseberries until they break; drain off the water. To 1 pound of hops allow  $1\frac{1}{2}$  pounds of granulated sugar; to this add the water and let boil until the hops are clear green; then take them out and lay them on a platter.

Boil the syrup until it is thick. Place the hops

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in a deep jar, then put in the gooseberries that are on the sticks, cover with the syrup, and seal.

### GOOSEBERRY JAM

To every pound of fruit allow  $\frac{3}{4}$  pound of loaf sugar, add  $\frac{1}{2}$  pint currant juice to each 6 pounds of fruit; use dry fruit and stir well in making. Boil gooseberries and currant juice for 1 hour; then add sugar and boil from  $\frac{1}{2}$  to  $\frac{3}{4}$  hour from time of simmering.

### TO MAKE GOOSEBERRY JAM

Gather your gooseberries full ripe, but green; top and tail them, and weigh them; 1 pound of fruit to  $\frac{3}{4}$  pound of sugar, and  $\frac{1}{2}$  pint of water; boil this clear and tender and put them in pots.

### GRAPE MARMALADE

Pick over and wash grapes, heat slowly, and boil until very soft. Rub through a fine sieve, until all seeds and skins have gone through. Put what remains into a little cold water and rinse well until all the pulp is free from the skins; then strain again and add this water to the pulp. Boil slowly  $\frac{1}{2}$  hour. Measure the pulp, add equal quantity of sugar, cook

again for 10 minutes, or until it boils up in thick bubbles. Turn in jars and cover tightly.

## J A M S

In making jam of very ripe, juicy fruits a portion of the jelly may be taken from it, which will improve the jam, taking care to have sufficient syrup to jelly round the fruit. Each quart of fruit and 2 pounds of sugar will admit the removal of  $\frac{1}{2}$  pint of jelly without injury.

## TO MAKE JELLY

Boil the fruit in just enough water to cover it. Then strain through a bag. Measure the juice, and to each pint of juice allow 1 pint of white sugar. Put the juice on the fire and spread the sugar on platters in the oven, so that it and the juice will be hot by the same time. Leave the oven door open and stir often to prevent burning. Notice when the juice begins to boil, and boil exactly 20 minutes. Then add sugar and stir quickly till well dissolved, no longer. Let it boil up a moment without touching it, and then fill the glasses (prepared as for canning) without delay before the jelly stiffens. Do not cover until cold.

## LEMON PRESERVE

Pare your lemons very thin, make a hole in the top and remove the core and seeds, rub them with salt, and let them lie in water 5 days. Then boil them in fresh salt and water 15 minutes; have ready a thin syrup of a quart of water and a pound of sugar; boil them in it 5 minutes, once a day for 4 or 5 days. Put them in a large jar, let them stand for 6 or 8 weeks, and it will make them look clear and plump; then take them out of their syrup or they will mold.

Make a syrup of sugar with just enough water to dissolve it; boil and skim it; then put in your lemons, and boil them gently until they are clear. Put into your jars and seal at once.

## MARMALADE

- 1 grapefruit, 10-cent size,
- 1 orange,
- 1 lemon.

Slice and chop very fine. Measure and add 3 cups water for each cup of fruit; let stand over night. In the morning cook 15 minutes. Then measure again and add an equal quantity of sugar.

Makes 15 tumblers. Let cook  $\frac{1}{2}$  hour or more.



## TO MAKE WHITE MARMALADE

Scald and pare your quinces, scrape the pulp clean from the cores, adding to every pound of pulp 1 pound of sugar. Add a little water to the sugar and boil it candy high; then put in the quince pulp; cook until it thickens; let it come to a quick boil and pour into jars.

## VEGETABLE MARROW

Pare and scrape out seeds, then cut up marrow into rather large pieces and to each pound of marrow allow 1 pound of sugar.

Let it stand over night, then pour off the liquor and boil until it thickens. Put in pieces of marrow, with whole ginger and chilli pods, also lemon-rind tied in muslin bag, and boil for  $1\frac{1}{2}$  hours, or until it syrups; boiling must be done very slowly or it will crystallize. One-fourth pound whole ginger, 24 chilli pods, and 2 lemons to 8 pounds of marrow.

## TO PRESERVE MULBERRIES WHOLE

Place some mulberries in a pan on the back of the stove, with just enough water to prevent their burning. When they are done, strain off 1 pint of juice,

allow 3 pounds of sugar and let the juice and syrup come to a boil. Add 2 pounds of ripe mulberries, letting them stand in the syrup until they are thoroughly warm; let them boil very gently; when they are about half done remove from the fire and let them stand in the syrup until the next day. Then boil them again, very gently, until the syrup is pretty thick. Put in jars and seal.

### ORANGE MARMALADE

Take a pound of oranges, pare very thin, quarter the peel, put it in warm water and cover close, and let boil until the peel is tender, changing the water 2 or 3 times. Drain, scrape off any strings, cut fine. Boil a pound of sugar with a little water, put in the peels, let boil  $\frac{1}{2}$  hour, add the orange pulp, free from seeds, and juice of 2 large lemons; let all boil together  $\frac{1}{4}$  hour longer. Pour into glasses, and when cold cover with paraffine.

### ORIENTAL MARMALADE

Six pounds of cherries, 2 pounds of seeded raisins, 3 pounds of sugar and the finely-chopped rinds of 4 oranges.

Cook slowly until thick, then add the pulp and juice of the oranges and cook 5 minutes longer. Seal in cans.

## TO PRESERVE ORANGES WHOLE

(1)

Cover good oranges with water and let them stand 3 days, turning them twice a day. Drain and tie them in a cloth and put them into boiling water. They must be kept covered with water and boiled until very tender.

Allow  $1\frac{1}{2}$  pounds of sugar to every pound of fruit. Take  $\frac{2}{3}$  of the sugar and to every pound of this allow a pint of apple water; allow this to boil.

Cut a little hole in the bottom of your orange, remove the seed and fill with sugar that is left; prick the oranges with a fork and put them into the boiling syrup and add any sugar that may remain. When the syrup jellies and the oranges look clear, they are done. Put them in glasses with the hole uppermost and pour the syrup over them. Seal.

## TO PRESERVE ORANGES WHOLE

(2)

Take good seedless oranges, pare them very thin and soak them in water 3 or 4 days, turning them every day; then drain and put them in a kettle,

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cover with water, keeping them under the water, and let them boil until tender, replenishing the water as it boils off.

Drain, and to every pound of orange take  $1\frac{1}{2}$  pounds of sugar; cover your orange with a part of the sugar and let them stand a little.

Then make your jelly for them thus:

Slice 2 dozen apples into water, boil tender, strain the liquor from the pulp and to every pound of orange allow  $1\frac{1}{2}$  pints of this liquor; put to it  $\frac{3}{4}$  of the sugar you have reserved; let this boil and skim it well, after which set it aside until it is cold. Return it to the kettle, add the oranges, bring to a boil, add the remainder of your sugar and let it boil until the fruit looks clear. Remove to glasses, putting an orange in each glass. Continue to boil the syrup until it is almost a jelly; pour over the fruit and when cold seal with paraffine.

## TO MAKE WHITE QUINCE PASTE

Scald the quinces tender to the core, pare them and scrape the quinces clean from the core. Mash very smooth and strain through a colander. To every pound of pulp allow 1 pound and 2 ounces of sugar. Boil the sugar until it candies, then put in the pulp, stir it constantly until it comes clear from the bot-

tom of the preserving kettle. Take it off and lay it on plates pretty thin. Cut it in whatever shape you please and make quince chips of it. Dust it with sugar; put it in the stove. Turn it and dust the other side. When dry put it in boxes with paper between.

For red quince paste cover the quince with cochineal.

## BRANDY PEACHES

Put the peaches into scalding water and pull off the skins and let them stand in cold water to keep them from turning dark. Make the syrup to boil them in, by putting 1 pound of sugar to 2 quarts of water. When cooked through in this syrup, take out carefully and cool. Take  $1\frac{1}{2}$  pounds of sugar to 1 pound of fruit for a syrup, using as little water as possible. Boil until quite thick. When cold, add to each quart 1 pint of brandy and pour over the peaches.

## PEACH MARMALADE

Take ripe peaches, pare them and cut them in half, taking out the stones; weigh them, and to each pound of fruit allow  $\frac{1}{2}$  pound of sugar. Mash them with the sugar and put them into the preserving kettle. Boil them until they become a shapeless mass, which

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will be about  $\frac{3}{4}$  hour. Stir the marmalade frequently to prevent its sticking to the kettle. Blanch half the kernels, and cut them in two; when the marmalade is about half done put them in to give it a fine flavor. Take out the kernels when the marmalade is cold and then tie it up in pots or glasses; cover with paraffine.

Marmalade of plums or green gages may be made in the same way.

### COMPOTE OF PEARS

Pare them, but leave them on the stems; lay in the preserving pan. To a dozen pears allow a pound of white sugar, a gill of water, a few sticks of cinnamon, with some slips of lemon-peel. Simmer them till tender and when done pour in a glass of Port wine. When quite done take out the pears and lay them in a glass jar. Strain the syrup, give it another boil and pour it over them. Seal while hot.

### TO PRESERVE GREEN PINEAPPLES

Get small green pineapples, and lay them in a strong brine for 5 days. Then put a large handful of vine leaves in the bottom of a saucepan, put in your pineapples, fill up your pan with vine leaves, then pour on the salt and water in which the pine-

apples had been standing, cover up close and let stand over a slow fire, until the pineapples are a light green. Have ready a thin syrup made of a quart of water and a pound of sugar. When it is almost cold put it into a deep jar and put in the pineapples, with the tops on. Be sure the fruit is well covered with the syrup. Then cover them up and let stand a week. Boil the syrup again and pour it carefully into your jar, lest you break the tops of your pineapples, and let it stand 8 or 10 weeks, and give the syrup 2 or 3 boils to keep it from molding. Let the syrup stand until it is near cold, before you put it on. When your pineapples are quite full and green take them out of the syrup; and make a thick syrup of 3 pounds of sugar, with as much water as will dissolve it; boil and skim it well; put a few slices of white ginger in it. When it is near cold, pour it upon your pineapple and seal.

## PRESERVED PINEAPPLE

### (1)

Pare the pineapple and carefully pick out every particle of the eyes. A small pointed silver knife is best for this work. Either pick off with a fork or grate off the soft part, rejecting the core.

Weigh — allow  $\frac{3}{4}$  pound of sugar to each pound; put all together; stand over night. In the morning bring to a boil, skim, and cook slowly  $\frac{1}{2}$  hour.

**PRESERVED PINEAPPLE**

(2)

Remove the eyes and cores of fine large pineapples. Shred the fruit with a silver fork and allow  $\frac{3}{4}$  of a pound of sugar and  $\frac{1}{2}$  cup of water to every pound of pineapple. Let the sugar and water come to a boil; skim off any impurities that may rise to the surface. Put in the pineapple and let it boil gently for  $\frac{3}{4}$  of an hour. Fill jars and seal hot.

**TO PRESERVE GOLDEN  
PIPPINS**

Boil the rind of an orange very tender, then lay it in water for 2 or 3 days, take a quart of golden pippins, pare, core, quarter, and boil them to a strong jelly, and run through a jelly bag; then take 12 pippins, pare them and scrape out the cores; put 2 pounds of loaf sugar into a stewpan with near a pint of water. When it boils, skim it, and put in your pippins, with the orange-rind in thin slices; let them boil till the sugar is very thick and will almost candy, then put in a pint of pippin jelly, boil them fast till the jelly is clear, then squeeze in the juice of a lemon; let it come to a boil and put into pots or glasses with the orange-peel.



## PLUM COMPOTE

- 6 pounds of plums, pitted,
- 6 pounds granulated sugar,
- 2 pounds seeded raisins,
- 4 large oranges chopped,
- 2½ pounds English walnuts (if bought  
shelled, 1 pound).

Boil to consistency of jelly, put the nuts in whole or broken, as you like, *after* the rest is cooked. Roll oranges in sugar before removing the rind, as in that way you get the flavor without using the rind. Remove the pits and put the sugar and orange-juice on the plums and let stand over night. Stir often if sugar is not dissolved. Do *not* add any water, as there will be plenty of syrup.

Grapes may be used in the same way.

TO PRESERVE  
BLACK PEAR-PLUMS OR  
BLACK PLUMS

Take 1 pound of plums, slit them in the seam and put them in a close-covered kettle, and set them in a pan of boiling water. As they yield liquor pour it out. To a pint of this liquor, take 1½ pounds of sugar; put them together and give them a boil and a skim, after which take it off to cool a little;

then take your pound of plums, and as you put them in, give every one a prick or two with a needle; simmer on the back part of the stove for  $\frac{1}{2}$  hour, then set them aside until the next day, that they may absorb the syrup without breaking the skin.

The next day cook them until the syrup grows thick, skim them well and put them in your jars and seal.

## TO PRESERVE PLUMS GREEN

The plums that will be greenest are the white plums; gather them about the middle of July.

Let them soak in water about 12 hours; then scald them in several waters. Do not let the fire be too hot, but the second water must boil when the plums are put in. When they begin to shrivel, peel off the skin, keep the fruit whole and let a third water be hot, and when it boils, put in the plums and let them boil a few minutes; remove from fire and keep tight covered for  $\frac{1}{4}$  hour, when they should look green and tender.

To every pound of fruit allow a pound of granulated sugar; put  $\frac{1}{4}$  pound of sugar in 4 tablespoons of water, set it on the fire, and when it begins to boil, take it off and put in your plums one by one, and strew the rest of your sugar upon them, only saving a little to put in with your perfume, musk or

ambergris, which must be put in a little before they are done; let them boil gently on a moderate fire  $\frac{1}{2}$  hour or more, till they are green and the syrup thickens, put your plums in jars, bring the syrup to a boil, pour it over them and seal.

### TO PRESERVE GREEN PLUMS

Take green plums and put in cold water, let them come to a boil, drain and remove the skins, to every pound of fruit allow 2 of sugar. Add a little water to the sugar and boil to a thick syrup before the plums are put in. Boil until tender, put in glasses and seal.

### TO PRESERVE WHITE PEAR-PLUMS

Take pear-plums when they are yellow, before they are too ripe, give them a slit in the seam, and prick them behind. Make ready water scalding hot, put a little sugar to it to sweeten it; and put in your plums, and cover them close. Set them on the fire to coddle and take them off sometimes a little and set them on again; take care they do not break. Have an equal weight of sugar boiled to a syrup, and when the plums are coddled pretty tender take them out of their liquor and put them in the syrup, which must

be but blood heat when the plums go in; let them boil till they are clear. Skim them, take them off, let stand 2 hours; then fetch them on again and when they are thoroughly preserved take them up and lay them in glasses, boil your syrup until it is thick, pour over your plums. A month after if your syrup grows thin boil it up again, or make a fine jell of pippins and put on them.

This way you may do the primordian plum, or any white plum; and when they are cold paper them up.

## PRESERVE PUMPKIN

Take a fine ripe pumpkin of deep yellow color. Cut from it as many slices as you want; they should be cut very thin. Put the slices of pumpkin into lime water and let them soak 24 hours. Take them out, wash them well, and wipe dry.

Make a clear syrup of sugar and a little water, put the slices of pumpkin into it and let them simmer over a slow fire without stirring for a day and a night, but first flavor them to your taste with lemon-juice mixed into the syrup.

When done they will be crisp and transparent. Put them into broad stone pots and cover with brandy paper.

## TO MAKE WHITE JELLY OF QUINCES

Pare your quinces and cut them in halves, then cover and parboil them; when they are soft take them out and crush them through a strainer but not too hard, only to clear the juice. Measure an equal quantity of juice and granulated sugar, boil the sugar until it thickens, put in the juice and let it simmer, skim off any froth. Slice a white preserved quince and put a piece in the bottom of each jelly-glass. Pour your jelly in the glasses and when cold seal with paraffine.

## TO MAKE QUINCE MARMALADE

Pare, core and quarter your quinces, then weigh them; to every pound of quince allow 1 pound of sugar. Take the parings and cores and 3 or 4 quinces cut in pieces, put them in the preserving kettle and cover them with water and let it boil 2 or 3 hours, then add a quart of barberries and boil for another hour and strain off the liquor.

Add a pint of this liquor to every pound of quince, add  $\frac{1}{4}$  of your sugar and let boil together over a gentle fire, cover closely and be careful it does not burn, put in the rest of your sugar by degrees, and

stir the mass from the bottom. When it is good color and very tender try some with a spoon; if it jellies enough put into jars and seal when cold.

## TO PRESERVE WHOLE QUINCES WHITE

Take large green quinces, scald them until they are pretty soft, pare and core them with a scoop.

Allow an equal weight of sugar. Make a syrup of  $\frac{1}{2}$  the quantity of sugar and put in the quinces, boiling them as rapidly as possible.

Have in readiness apple liquor made by boiling sliced apples in water until they are tender and straining this juice from the pulp. Add to this the remaining sugar, boil until this is a jelly, and when your quinces are clear put them into the jelly. Let them come to a boil and then put them in the glasses; when cold seal with paraffine.

## RASPBERRY JAM

(1)

To every pound of fruit allow 1 pound of sugar,  $\frac{1}{2}$  pint red currant juice. Gather fruit in dry weather, take off stalks, and put into preserving pan; break well with wooden spoon and boil for  $\frac{1}{2}$  hour, keeping well stirred. Then add currant juice and

sugar and boil for  $\frac{1}{2}$  hour, skim well after sugar is added or preserve will not be clear.

## R A S P B E R R Y J A M

(2)

Rub fresh gathered raspberries, picked on a dry day, through a wicker sieve; to 1 pint of pulp, put 1 pound of granulated sugar, put it in the preserving pan over a hot fire; when it begins to boil, skim it well and stir it 20 minutes; put in small glasses, cover with paraffine.

## T O P R E S E R V E R A S P B E R - R I E S I N J E L L Y

To a pound of the best fruit allow  $1\frac{1}{2}$  pounds of sugar. Boil the sugar into a thick syrup, add the fruit and boil gently, adding by degrees  $\frac{1}{2}$  pint of currant juice. When the whole will jelly in the spoon, skim off the seeds and fill the jelly glasses. When cold cover with paraffine.

## R H U B A R B J A M

To every pound of fruit allow 1 pound of loaf sugar, and rind of  $\frac{1}{2}$  lemon. Wipe fruit perfectly dry. Strip off peel or string and slice up; boil slowly and stir well while boiling, skim well. Boil young fruit  $\frac{3}{4}$  hour, old fruit  $1\frac{1}{4}$  to  $1\frac{1}{2}$  hours.

## RHUBARB MARMALADE

2   pounds rhubarb cut into pieces,  
1½ pounds of sugar,  
1   lemon, rind only.

Put all together in a deep dish, cutting the rind of the lemon fine. Let it stand until next day. Then pour off the juice into a preserving kettle and boil nearly  $\frac{3}{4}$  hour. Add fruit and boil 10 minutes. Put in jars and seal when cold.

## TO PRESERVE SPRIGS GREEN.

Gather the sprigs of mustard when it is going to seed, put them in a pan of spring water, with a great many vine leaves under and over them; put to them 1 ounce of alum, set it over a gentle fire; when it is hot take it off, and let it stand till it is quite cold, then cover it very close and set it near the fire. When they are green take out the sprigs and lay them on a sieve to drain. Make a good syrup; boil your sprigs in it once a day for 3 days, put them in jars and keep for use.

They are very pretty to stick in the middle of a preserved orange. You may preserve young peas when they are just come into pod the same way.



## STRAWBERRIES

Put  $\frac{1}{2}$  pound of sugar and 2 tablespoonfuls water to boil until it crystallizes. Put in the best big strawberries and just let it come to a boil. Skim out fruit and put in jars; fill to overflowing with boiling syrup. Seal.

## STRAWBERRY JAM

To every pound of fruit allow  $1\frac{1}{4}$  pounds of loaf sugar.

Select well-ripened but sound strawberries, pick them from the stalks, and put the fruit and sugar in a preserving pan.

Simmer the whole over a moderate fire from  $\frac{1}{2}$  to  $\frac{3}{4}$  hour, carefully removing scum as it rises. Stir jam only enough to prevent it from burning, as the fruit should be preserved as whole as possible.

## STRAWBERRY JELLY

Crush 4 pounds of strawberries with 1 pound of white gooseberries, strain the juice through a cloth, and to every quart of juice allow an equal quantity of sugar; let the juice and sugar come to a boil, and boil until it jellies, about  $\frac{1}{2}$  hour.

## STRAWBERRY MARMALADE

Put 4 quarts of strawberries through a fine sieve. Boil what has been strained until it is reduced  $\frac{1}{2}$ . Have ready a thick syrup of 3 pounds of sugar and  $1\frac{1}{2}$  cups of water. Add sugar to the fruit and boil 20 minutes. Skim carefully as it boils.

## STRAWBERRIES, RASPBERRIES, GOOSEBERRIES, AND CURRANTS

Allow an equal weight of sugar and fruit, put the fruit in a preserving pan, bruise it a little and put it on the stove, stir it carefully to keep it from sticking to the bottom and sides of the pan. Let it boil  $\frac{1}{4}$  hour before adding the sugar. Skim it well. Boil until the syrup jellies when put on a plate and allowed to cool. When done put in jars, set in the sun for several hours and when cold cover with paraffine.

## TO MAKE SYRUP OF ORANGE PEEL

To every pint of water in which the orange peels were steeped boil it and when it has boiled a little

squeeze in sufficient lemon-juice to please the taste, having filtered the lemon-juice through a thin cloth. Boil and skim the syrup until clear; then bottle.

## SYRUP FOR PRESERVES

3 pounds granulated sugar,  
1 pint clear cold water,  
White of 1 egg.

Put the sugar and water into a porcelain-lined kettle. Set it on the fire. Before the syrup becomes hot, beat the egg slightly and mix thoroughly into it. When it begins to boil, skim it. Do not let it boil over, but let it boil until no more scum arises. The object of the egg is to clarify the syrup; it can be made with or without.

## GREEN TOMATO PRESERVE

To every pound of tomatoes use an equal amount of sugar. Slice tomatoes over night in the sugar. In the morning boil together until the tomatoes look transparent. If the juice is not thick enough skim out the tomatoes and boil it down. When the preserve is nearly done add lemons, allowing 1 to every 2 pounds of fruit. Do not slice lemons too thin.

This makes an excellent preserve and tastes much like preserved figs.

## TOMATO MARMALADE

(1)

To 1 quart of ripe tomatoes measured after the fruit has been peeled, cut up, brought to a boil and skimmed thoroughly, or to each 2-pound can tomatoes, take 2 pounds of sugar, 2 oranges, and 1 lemon. Remove the pulp from the oranges and lemon with a spoon, boil the rinds until they are tender, and cut them in narrow strips with a pair of scissors. Put all the ingredients on to boil slowly, stirring constantly, for about 2 hours, or until the marmalade is thick and the strips of rind and other particles of fruit are transparent.

Seal tight in small jars. Made of yellow tomatoes the marmalade is beautiful.

## TOMATO MARMALADE

(2)

Take fine and ripe tomatoes, cut them in halves, and squeeze out the juice. Put them in a preserving pan, with a few peach leaves, a clove of garlic, some slices of onion or shallot, and a bundle of parsley. Stew them until they are sufficiently done, pulp them through a sieve, and boil them down like other marmalade, adding salt. Put them into small jars, pepper the tops, and pour clarified butter over. Eat it with fish, etc., or stir the contents of a small pot into the gravy of stews or fricassées.

## Candies and Conserves

### BURNT ALMONDS

Take a pound of shelled sweet almonds, a pound of loaf sugar, and  $\frac{1}{2}$  pint of water. Melt the sugar and water and then set it over the fire. Put in the almonds, and stir them about till they are well dispersed through the sugar. Let them boil and when you hear the almonds crack they are sufficiently done. Take them off and stir them till they are dry, and then put them into a wire sieve and sift from them the loose sugar.

Put this sugar again into the pan with sufficient water to moisten it, and let come to a boil. Then put in 2 spoonfuls of cochineal powder to color it red; add the almonds and stir them over the fire until they are quite dry. Put them away in glass jars.

### TO FRICASSÉE ALMONDS

Take 1 pound of unbleached almonds, dip them in the beaten white of an egg.

Then take  $\frac{1}{2}$  pound of granulated sugar, boil until it sugars again, put in your almonds and stir them

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until they are well covered with sugar, then set them on plates and put in a slow oven to dry for several hours. Keep them in a dry place. They are a pretty sweetmeat.

### TO PARCH ALMONDS

Take 1 pound of sugar, make a thick syrup, then put in  $\frac{3}{4}$  pound of blanched almonds; keep them stirring until they are dry and crisp. Then put them in a box and keep them dry.

### TO MAKE ALMOND WAFERS

Boil 1 pound of granulated sugar until it makes a thin candy; have ready  $\frac{1}{2}$  pound of blanched almonds, pounded fine with a little rose- or orange-water, the juice of 1 lemon, the peel of 2 lemons grated into the juice; put the ingredients together and stir over a gentle fire until the sugar is well melted, but do not let come to a boil after the lemon is in. Spread on dishes, and when it is cool cut into whatever form you please.

### TO CANDY ANGELICA

Take angelica that is young, cut it in the desired lengths, and boil it until it is pretty tender, keeping

it close covered. Take it up and peel off the strings; then put it on again and let it simmer until it is very green. Drain, dry it with a cloth and allow to every pound of angelica 1 pound of sugar; put the angelica in an earthen bowl, cover with the sugar and let it stand 2 days, then boil it till it looks very clear, put it in a colander to drain the syrup from it. Set it on a plate and sprinkle with granulated sugar. Dry in a slow oven.

### TO MAKE APRICOT CHIPS

Pare the apricots and divide them in the middle, remove the stone, cut them crosswise very thin, as you cut them sprinkle with a little sugar; then set them on the fire and let them stew  $\frac{1}{4}$  hour, take them off, cover them up, and let them stand until next day; then set them on the stove and let them cook another  $\frac{1}{4}$  hour, take them out one by one and lay them on platters, strew sugar on them; dry them in a cool oven, turning them often, or in the sun. When dry put them in boxes.

### TO DRY APRICOTS LIKE PRUNELLOS

Take a pound of apricots, cut in halves or quarters, let them boil until they are very tender in a thin syrup; let them stand a day two on the stove,

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take them out of the syrup and let them dry in the sun; then box them and keep in a dry place.

### BARLEY SUGAR

Clarify 3 pounds of refined sugar, boil it until it cracks when a spoonful is dipped into cold water; squeeze in a small teaspoonful of the juice, or 4 drops of the essence of lemon, and let boil up once or twice; set it by a few minutes; have ready a marble slab or smooth stone, rubbed over with sweet oil, pour over the sugar, cut into long strips with a large pair of scissors; twist it a little and when cold keep it from the air in tin boxes or canisters.

A few drops of essence of ginger instead of lemon will make what is called ginger barley sugar.

### BARLEY SUGAR DROPS

To be made as the last recipe. Have ready by the time the sugar is boiled sufficiently, a large sheet of paper, with a smooth layer of sifted loaf sugar on it, put the boiled sugar in a ladle that has a fine lip; pour it out in drops not larger than a shilling. When cold, fold them up separately in white paper.



## TO CONSERVE CHERRIES

Take large cherries, not too ripe, pick off the stalks, and take out the stones. To 3 pounds of cherries allow 3 pints of clarified sugar. Boil the sugar until it is a thick syrup, add more sugar and boil until it is thick, put the cherries in and boil them 5 minutes; let them stand in the syrup until the following day. Repeat the boiling 2 more days, drain and lay them in a wire sieve to dry. Keep in boxes lined with paraffine paper.

## CHOCOLATE CARAMELS

(1)

3 pounds of brown sugar,  
 $\frac{1}{2}$  pound of chocolate,  
1 cup of milk,  
1 heaping tablespoonful of butter,  
1 teaspoonful vanilla.

Put all materials together except vanilla and cook slowly, stirring often until it boils. Boil rapidly, stirring very often until the mixture forms a smooth, even coating over the spoon. Remove from the stove, add vanilla and beat vigorously until quite thick, turn into greased pans and mark into square blocks when cool.

## CHOCOLATE CARAMELS

(2)

1 cup of molasses,  
2 cups sugar,  
1 cup milk,  
 $\frac{1}{4}$  pound chocolate.

Boil 20 minutes.

## CHOCOLATE CREAM CANDY

Chocolate, scraped fine,  $\frac{1}{4}$  ounce; thick cream, 1 pint; best sugar, 3 ounces; heat it nearly to boiling, then remove it from the fire, and mill it well. When cold, add the whites of 4 or 5 eggs; whisk rapidly and take up the froth on a sieve; serve the cream in glasses, and pile up the froth on top of them.

## CHOCOLATE CREAMS

To the white of an egg add an equal quantity of cream. Stir in 1 pound of confectioners' sugar. Flavor with vanilla and stir with the hand until fine, then mold into small balls and drop into melted chocolate.

## CHOCOLATE DROPS

Scrape some of the best chocolate, and mix it with powdered white sugar. Moisten it with a little water so as to make a paste. Work it on a plate with a knife. Then boil it in a pan with a lip, and pour it, a drop at a time, into a cold tin plate.

While moist, sprinkle colored sugar-sand over the surface of each chocolate drop. When they are hardened remove from the tin by slipping under them the point of a knife.

## COCOANUT CANDY

$\frac{1}{2}$  pound of sugar,

2 tablespoonfuls of water, Boil together.

$\frac{1}{2}$  pound of grated cocoanut.

Stir until boiled to a flake. Put in buttered tins and cut in squares when cold.

## CREAM CANDY

One pint of granulated sugar,  $\frac{1}{2}$  pint of water, 1 tablespoonful of vinegar. Boil as molasses candy, do not stir. Work in vanilla as you pull it.

## EVERTON TAFFY CANDY

(1)

To make this favorite and wholesome candy, take  $1\frac{1}{2}$  pounds of moist sugar, 3 ounces of butter, 1 teacupful of water, and 1 lemon. Boil the sugar, butter, water and half the rind of the lemon together, and when done, which will be known by dropping into cold water, when it should be quite crisp; let it stand aside until the boiling has ceased, and then stir in the juice of the lemon. Butter a dish, and pour it in about  $\frac{1}{4}$  inch in thickness. The fire must be quick, and the taffy stirred all the time.

## EVERTON TAFFY CANDY

(2)

$1\frac{1}{2}$  pounds brown sugar,  
3 ounces of butter,  
 $\frac{1}{2}$  teacupful of cold water.

Boil all together with the rind of 1 lemon, adding the juice when done.

## FIG CANDY

Take 1 pound of sugar and 1 pint of water, and set over a slow fire. When done, add a few drops of vinegar and a lump of butter, and put into pans in which split figs are laid.

## TOMATO FIGS

Allow  $\frac{1}{2}$  pound of coffee sugar to every pound of tomatoes (yellow plum tomatoes or very small red ones).

Put just enough water with sugar to melt it. When it boils put in tomatoes with skins on. Let them simmer gently until transparent (about 2 hours). Skim out carefully and drain off all syrup. Spread on platter to dry in sun; sprinkle a little sugar over them while drying; do so for 2 or 3 days. Pack in boxes. (7 pounds tomatoes, 2 quarts figs.)

## TO CANDY FLOWERS

Gather your flowers when dry, cut off the leaves as far as the color is good. Boil sugar and water to a thick syrup, put in your flowers — primroses, violets, cowslips, or borage — or whatever they may be, take them out as quickly as you can with as little of the syrup as possible, spread them on a warm dish over a gentle fire to allow the syrup to drain from them. When they have drained sufficiently remove to another warm dish and sprinkle with granulated sugar. Then rub the flowers gently with your hands to open the leaves, sprinkling them every now and then with more sugar, until they are thoroughly open and dry. Then place them in a colander and

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sift the sugar from them. Keep in a box lined with paraffine paper in a dry place.

Rosemary flowers must be put whole into the syrup; young mint leaves you must open with your fingers; but rub all blossoms with the hands as directed.

### TO CANDY ANY SORT OF FLOWERS

Take your flowers and pick them from the white part; then take fine sugar and boil it candy high, boil as much as you think will receive the quantity of flowers you do; then put in the flowers, and stir them about until you see the sugar candy well about them, and keep them stirring until they are cold in the pan you candied them in; then sift the loose sugar from them and keep them in boxes very dry.

### TO MAKE CANDY CAKES OF FLOWERS

Boil the syrup until it candies, then strew in your flowers, let them come up to a boil, then scatter in a little granulated sugar, then as quickly as possible pour into little shaped pans or boxes of cardboard, the bottom of which has been pricked with holes. Set aside to cool.

## FONDANT

- 2 cups granulated sugar,
- $\frac{3}{4}$  cup hot water,
- $\frac{1}{4}$  teaspoonful cream tartar.

Mix, heat slowly, stirring until all sugar has dissolved, no longer; then with a sponge wash the crystals from the side of the pan, using care to keep them from shaking the sugar. Boil rapidly until 236° F. are reached, washing the crystal of sugar from the side of the pan as they form. When many bubbles rise to the surface, begin to test it by dipping the fingers into very cold water, then into the boiling syrup and then back to the water. If a small ball forms between the fingers then it is ready. Without jarring the pan turn into a greased dish and set in a cold place. When it is cold enough to bear the finger beat with a wooden spoon until a thick white mass is made, then knead as for bread, using confectioners' sugar (4X) in place of flour. Put into a dish, cover with damp cheesecloth and set away until next day. Flavor and color to suit the taste.

## FRUIT CANDY

Take 1 pound of the best loaf sugar; dip each lump into a bowl of water, and put the sugar into your preserving kettle. Boil it down and skim it un-

til it is perfectly clear, and in a candying state. When sufficiently boiled, have ready the fruits you wish to preserve. Large white grapes, oranges separated into very small pieces, or preserved fruits, taken out of their syrup and dried, are very nice. Dip the fruits into the prepared sugar while it is hot; put them in a cold place, and they will soon become hard.

## CANDIED FRUIT

Peel and stone plums, peaches, or cherries. Have ready a thick syrup, made by boiling together 1 pound of sugar and 1 cup of water. (This is the preparation.) Put in the fruit and boil very slowly until tender. Do not leave it on the stove after this; it would spoil the shape of the fruit. Set away the preserving kettle just as it is in a cool place. Leave the fruit in the syrup for 2 days to absorb it. Then take out the pieces and drain them. Sprinkle each one thickly with granulated sugar, covering every side. Pack in pasteboard boxes, with paper laid between, before which lay on clean paper and set in the air to dry, but not in the sun. Keep in a cool place.



## TO CANDY ANY FRUIT

After you have preserved your fruit dip them suddenly into warm water to take off the syrup. Cover with granulated sugar, then place them in a sieve, in a warm oven, turn them 2 or 3 times. When they are dry remove to a cold, dry place.

## FRUIT IN SUGAR COATS

Prepare some of the best loaf sugar powdered as fine as possible. Dip in white of egg some of the best and largest plums, cherries, strawberries, raspberries, apricots, or other suitable fruit, then roll it in the powdered sugar. Lay it in a dish and set in a cool oven to harden.

## MARSHMALLOW FUDGE

2 cups of sugar,  
 $\frac{1}{2}$  cup of milk,  
A large piece of butter.

When these three boil, add

$2\frac{1}{2}$  squares of chocolate, and boil for 5 minutes, stirring.

After taking from the stove, add

1 teaspoonful of vanilla, and about  
 $\frac{1}{2}$  pound of marshmallows, one at a time.

## GREEN GAGES PRESERVED IN SYRUP

Take the gages when nearly ripe, cut the stalks about  $\frac{1}{2}$  inch from the fruit; put the fruit into cold water with a lump of alum about the size of a walnut, and set them on a slow fire until they come to a simmer; take them from the fire and put them in cold water, drain and pack them close in a preserving pan. Pour over them enough clarified sugar to cover them, simmer them 2 or 3 minutes, set them by in an earthen pan until the next day; drain the gages and boil the syrup with more sugar until quite thick, put in the syrup and simmer 3 minutes more, repeat this each day for 2 days. Boil clarified sugar until it is very thick, place the gages in glasses and pour the sugar over them. Or, drain and dry them in a wire sieve in a slow oven.

Apricots or egg plums may be done the same way.

## GINGER CANDY

Boil a pint of clarified sugar until, upon taking out a drop of it on a piece of stick, it will become brittle when cold. Mix and stir up with it, for a common article, about 1 teaspoonful of ground ginger. If for a superior article, instead of the ground ginger, add the white of an egg, beaten up previ-

ously with fine sifted loaf sugar, and 20 drops of the strong essence of ginger.

## GINGER LOZENGE CANDY

Dissolve in  $\frac{1}{4}$  pint of hot water, 1 ounce of gum arabic; when cold stir it up with  $1\frac{3}{4}$  pounds of loaf sugar, and a teaspoonful of powdered ginger, or 12 drops of essence of ginger. Roll and beat the whole up into a paste; make it into a flat cake, and punch out the lozenges with the round stamp. Dry them near the fire or in an oven.

## LEMON CANDY

Take 3 pounds of coarse, brown sugar; add to it 3 teacupfuls of water, and set it over a slow fire  $\frac{1}{2}$  hour; put to it a little gum arabic, dissolved in hot water; this is to clear it. Continue to take off the scum as long as any rises. When perfectly clear, try it by dripping a pipistem first into it and then into cold water, or by taking a teaspoonful of it into a saucer; if it is done it will snap like glass. Flavor with the essence of lemon, and cut it into sticks.

## LEMON CHIPS

Take large smooth-rind lemons, cut off their peel in chips, throw the rind in salted water and let stand

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until the next day; have ready a pan of boiling water, throw in the chips and boil until tender. Drain them well, and when cool put them in an earthen dish, with enough boiling clarified sugar to cover them. Let them stand 2 days, then strain the syrup, add more sugar and reduce it by boiling until it is quite thick; then put in the chips, and simmer them a few minutes; then set them by for 2 days; repeat this once more and after 2 more days in the syrup they will be fit to candy, which must be done as follows:

Take 4 pints of clarified sugar, which will be sufficient for 6 pounds of chips; boil it until after dipping the skimmer into the sugar and by blowing strongly through the holes little bubbles will be formed, and when the chips are thoroughly drained and wiped on a clean cloth, put them in the syrup, stirring them about with the skimmer, till you see the sugar becomes white; then take them out with 2 forks, shake them lightly into a wire sieve, and set them in warm place to dry.

### LEMON DROPS

Dip 1 pound of loaf sugar in water, boil it thick, take it off, rub it with the back of a silver spoon to the side of your pan, then grate in some lemon-peel, boil it up and drop it on paper. If you want it red put in a little cochineal.

## MAPLE SUGAR CANDY WITH NUTS

Break 1 pound of maple sugar into small bits and stir into 1 pint of milk. Put into a double boiler and cook until the sugar is melted. Set the inside boiler right on the stove and boil, stirring steadily, until a little of the mixture dropped into cold water is brittle. Add a tablespoonful of butter, take from the fire, add a cup of broken nut meats, beat hard for a minute, turn into greased pans and mark off into squares.

## TO MAKE MARCHPANE UNBOILED

Take 1 pound of almonds, blanch them and beat them in rose-water. When they are finely beaten, put to them  $\frac{1}{2}$  pound of sugar, and work it to a paste; spread some on wafers and dry it in the oven. When it is cold have ready the white of an egg beaten with rose-water and granulated sugar. Let it be as thick as butter, then drain your marchpane through it, and put it in the oven. It will ice in a little time. Then keep them for use.

If you have a mind to have your marchpane large, cut it, when it is rolled out, by a pewterplate, and edge it about the top like a tart, and set it in the oven, and ice it aforesaid. When the icing rises, take it

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out, and strew colored comfits on it, or serve sweetmeats on it.

### MARRONS GLACÉS

Choose large chestnuts; boil them until they are tender. Remove the skin carefully so as not to break the chestnut; put them at once into cold water and let them stand for  $\frac{1}{2}$  hour; then drain the chestnuts. Have ready a syrup of sugar and water and pour it over the fruit. Let them stand over night. The next day strain off the syrup and boil it again for a few minutes; pour it over the chestnuts. Repeat this operation every 24 hours for 4 days. Drain, place on a platter covered with paraffine paper and let dry in a slow oven.

### MOLASSES CANDY

(1)

Two cups of molasses, 1 of sugar, 1 tablespoonful of vinegar, a piece of butter the size of walnut. Boil constantly for 20 minutes, stirring all the time; when cool enough to pull, do it quickly, as it will come white rapidly.

### MOLASSES CANDY

(2)

Take a clean tin or porcelain kettle of large size, so that there will be no danger of boiling over; put

in a sufficient quantity of molasses, place it over a good fire, and boil briskly until it will be brittle when cooled, which may be known by dipping a little of it into a dish of cold water; then pour into well-buttered pans not over 1 inch thick. Let it cool until it can be handled, then pull smartly until white. Draw out on a clean table into sticks.

## MOLASSES CANDY

(3)

2½ cups of molasses,  
1 cup of sugar,  
1 tablespoonful of vinegar,  
A piece of butter the size of a walnut.

Boil 20 minutes, stirring constantly.

Pull until white.

## NOUGAT

Take ¾ pound of sweet almonds and ¼ pound of bitter almonds. Blanch them by scalding them in boiling water. Throw them into cold water and take them out and wipe them. Cut in small pieces and mix well together.

Take 1 pound of loaf sugar broken small, and mix it with ½ pint of isinglass melted in a little hot water. Boil the sugar and skim it well. When it is quite clear, throw in your almonds, having first squeezed

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over them the juice of 2 lemons. Stir the lemons well through the sugar; and as soon as they are all properly mixed with it take the kettle off the fire.

Have ready a mold or square tin pan well greased with sweet oil. Put your mixture into it a little at a time, dispersing the almonds equally through the sugar, before it has time to get cold. But if it does chill before the almonds are well mixed in it, set it on again over the fire to melt. Turn it frequently in the molds to prevent its sticking. When it has become a hard cake, set the mold for a moment in warm water, and turn out the nougat.

### NUT CANDY

2 cups sugar,

$\frac{1}{2}$  cup milk.

Boil 10 minutes; then beat till white, adding nuts and vanilla.

Spread in buttered tins and cut in squares when cold.

### ORANGE DROPS

Grate the rind and squeeze the juice of 1 orange, taking care to reject the seeds. Add to this a pinch of tartaric acid; then stir in confectioners' sugar until stiff enough to form into small balls.



## TO MAKE ORANGE CHIPS

Pare 12 oranges very thin, put the parings into cold water, then boil them very fast until they are tender. Take  $1\frac{1}{2}$  pounds of sugar and with part of the water in which the orange-peels were boiled, and let the sugar dissolve; add the rinds and come to a boil; then remove and let stand 3 or 4 days; then boil them again until the syrup threads from the spoon. Remove from the fire and drain through a colander. Take out but a few at a time, for if they cool too fast, it is difficult to get the syrup from them, which must be done by passing every piece through your fingers. Put them on paraffine paper to dry in the sun, turn frequently. When thoroughly dry, put in boxes and keep in a dry place.

## TO CANDY ORANGE FLOWERS

(1)

Take fresh picked orange flowers, boil them until they are tender, drain, and lay them between napkins until they are quite dry. To every pound of flowers allow 1 pound of sugar and  $\frac{1}{2}$  pint of water. Boil sugar and water until it will stand in a drop. Remove from the fire, and when it is almost cold put in your flowers, shake them well together, and set

them on the stove or in the sun until they begin to candy, take them out, put them in glasses to dry, turning them constantly until they are dry.

## TO CANDY ORANGE FLOWERS

(2)

Add  $\frac{1}{2}$  pound of granulated sugar to a little orange-water, boil candy high, then put in a handful of orange flowers, keep stirring but do not let them boil. When the sugar candies about the flowers, remove the fire and set aside until it is cold.

## TO MAKE PASTILS

Take confectioners' sugar, perfume it with musk and ambergris; add enough gum arabic steeped in orange-water to make the sugar into a stiff paste; flavor with a few drops of oil of cloves, oil of cinnamon, or oil of peppermint; then roll them into little pellets and press with a seal. Dry them in the sun.

## GLACÉ NUTS

Let 1 pound of granulated sugar dissolve in a scant cup of cold water. Boil without stirring until when a little of the syrup is dropped from a spoon into cold water it becomes instantly brittle. Add two

tablespoonfuls of hot vinegar, remove at once from the fire and place pan in a basin of hot water. Dip in the nuts with as little motion as possible, so that the syrup will not granulate. Place nuts on a dish to cool.

Cherries, grapes, oranges, figs, dates and prunes may be glacé in the same manner.

### GLACÉ PEACHES

Take peaches that are not quite ripe, pour on them boiling water and let them stand 4 hours. Clarify some sugar, allowing a pound of sugar to a pound of fruit, and cook the fruit in the sugar until it is tender. Add  $\frac{1}{2}$  glass of rum or brandy to each pound of fruit; fill jars and seal.

### PEANUT BRITTLE

Boil together 1 cupful each of molasses and brown sugar, 1 tablespoonful of vinegar and 2 tablespoonfuls of butter. When a little dropped into cold water is brittle, add a cupful of roasted and skinned peanuts, remove from the fire, beat in a teaspoonful of baking soda and pour into broad, greased tins.

### PEPPERMINT DROPS

Take confectioners' sugar, add a little essence of peppermint and enough water to make it a thick

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paste, which you must mix on a plate with a broad knife; then put the paste into a pan with a lip or a little spout at one side; melt it over the fire and let it come to a boil; take it off and drop it from the lip of the pan on to a tray covered with paraffine paper. Let the drops be all of the same size or shape. As soon as cold, loosen from the paper by slipping the point of a knife under each.

If the mixture congeals before the drops are all made, melt it again over the fire. Keep in glass jars.

### PINOCHI

Take 4 cups of brown sugar of a very light color,

1 cup of cream,

$\frac{1}{2}$  pound of English walnuts, and

A small piece of butter.

Put sugar, cream and butter together, let boil slowly until the syrup forms a ball when a little is dropped into cold water. Remove from the fire and stir in the nuts; set aside on plates to cool.

### POPCORN BALLS

Make an old-fashioned molasses candy and just before removing from the fire stir in enough popcorn to thicken it. Take the mixture out by the

spoonful and roll it just as soon as it can be handled into balls. Then roll these over and over in kernels of popped corn until no more will adhere to the balls.

## CANDIED POPCORN

Put 4 cups of granulated sugar into a kettle with enough water to prevent the sugar from burning, and add a piece of butter the size of an egg. Cook until the syrup is crisp when a little is dropped into cold water. Remove from the fire for the moment; put in as much popped corn as the sugar will take. Put the kettle back over a slow fire, and stir briskly until the sugar is all taken up and dried and the corn is again separate.

## CRYSTALLIZED POPCORN

Pop 3 quarts of corn. In a kettle put in a heaping teaspoonful of butter, 3 tablespoonfuls of water, a large tablespoonful of pulverized sugar. Boil until it threads, taking care not to boil too long. When the thread is reached, throw into the syrup the popped corn, stir briskly until it is evenly coated, take the kettle from the fire and stir until it is cooler and each grain is crystallized with sugar.

## PRUNE DAINTY

Soak your prunes several hours. Stew them until tender, and remove the stones.

Boil together  $1\frac{1}{2}$  cups of sugar,  $\frac{1}{2}$  square of chocolate and  $\frac{1}{4}$  cup of milk until a thick syrup is formed; then add  $\frac{1}{2}$  cup of chopped English walnuts or pecan meats.

Remove from the fire, add  $\frac{1}{2}$  teaspoonful of vanilla and beat until creamy. Fill the prunes with the mixture and press the edges together. Dissolve 1 ounce of gum arabic in a pint of water and dip each prune in it, then in granulated sugar. Set it in a warm place to dry.

## TO MAKE CONSERVE OF RED ROSES

Take rose buds, cut off the white part from the red. Weigh the petals and allow to every pound of flowers 2 pounds of sugar. Beat the leaves and sugar together. When it is well incorporated put it into gallipots and cover with paraffine. It will keep 7 years.

## TO MAKE ROSE DROPS

Make a stiff paste of an ounce of dried rose leaves beaten to a fine powder and 1 pound of confectioners'

sugar moistened with lemon-juice. Set it over a slow fire and stir it well. When it is melted and scalding hot, take it off and drop it on paper. Set it near the fire and the next day they can be taken off.

### SCOTCH BUTTER CANDY

Take 1 pound of sugar, and 1 pint of water; dissolve and boil. When done, add 1 tablespoonful of butter, and enough lemon-juice and oil of lemon to flavor.

### SUGARED DATES

Remove the stone from the date, insert the half of a walnut, press together and roll it in powdered sugar.

### TO MAKE SUGAR OF ROSES

Clip off all the white from the red rose buds and dry the red in the sun. To an ounce of dried petals finely powdered allow 1 pound of sugar. Wet the sugar in rose-water, boil it until it candies, then add your powder of roses and the juice of a lemon; mix it well together; pour into pie plates. Cut into lozenges, or whatever shape you please.

## TO CLARIFY SUGAR FOR CANDIES

To every pound of sugar put a large cup of water, and put it in a brass or copper kettle, over a slow fire, for  $\frac{1}{2}$  hour; pour in a small quantity of isinglass and gum arabic dissolved together. This will cause all impurities to rise to the surface; skim it as it rises. Flavor according to taste.

All kinds of sugar for candy are boiled as above directed. When boiling loaf sugar, add a tablespoonful of rum or vinegar, to prevent its becoming too brittle whilst making.

Loaf sugar, when boiled, by pulling and making it into small rolls, and twisting a little, will make what is called rock or snow. By pulling loaf sugar after it is boiled, you can make it as white as snow.

## TO BOIL SUGAR CANDY HIGH

Put 1 pound of sugar in a clean pan with  $\frac{1}{2}$  pint of water. Set it over a very clear fire, take off the scum as it rises, boil it until it looks fine and clear; then take out a little with a silver spoon; when it is cold, if it will draw a thread from your spoon, it is boiled high enough for any kind of sweetmeat; then



boil your syrup, and when it begins to candy round the edge of your pan it is candy height.

It is a great fault to put any kind of sweetmeat into too thick a syrup, especially at first, for it withers your fruit, and takes off both beauty and flavor.

## T A F F Y

Put into a pan, or some shallow vessel,  $\frac{1}{2}$  pound of butter and 1 pound of brown sugar; set it upon the stove, and stir together for 15 minutes, or until a little of the mixture dropped into a basin of water will break clean between the teeth without sticking to them. Any flavoring that is desired — as lemon, pineapple, or vanilla — should be added just before the cooking is completed. The taffy, when done, should be poured into a shallow dish, which is buttered on the bottom and edges. By drawing a knife across it when partially cool, it can easily be broken into squares. Molasses may be used instead of sugar, but it is not so brittle.

## T A F F Y C A N D Y

6 cups of white sugar,  
1 cup of vinegar,  
1 cup of water.

Boil without stirring  $\frac{1}{2}$  hour.

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When done, stir in 1 teaspoonful of soda, dissolved in hot water, and 1 tablespoonful of butter. Flavor with vanilla.

### TURKISH DELIGHT

Make a clear syrup with 1 pound of loaf sugar and 1 pint of rose- or orange-flower-water, and clear it with the white of an egg and the juice of  $\frac{1}{2}$  lemon. Dissolve 2 ounces of finest wheat starch in 1 gill of water, let it get very smooth, strain it and add to the boiling syrup; boil it until it is quite thick and ropy. Have ready 2 deep plates, one brushed with olive oil and one with powdered sugar. Pour the mixture into the oiled plate, let it stand 1 or 2 minutes to cool; turn into the sugared plate, wipe off the oil that adheres to it, dust it with powdered sugar, cut into blocks, dust again with powdered sugar, and let stand till fairly dry, taking care the pieces do not stick together.

### COMMON TWIST CANDY

Boil 3 pounds of common sugar and 1 pint of water over a slow fire for  $\frac{1}{2}$  hour without skimming. When boiled enough take it off; rub the hands over with butter; take that which is a little cooled and pull it, as you would molasses candy, until it is white; then twist or braid it, and cut it up in strips.

## ENGLISH WALNUT CREAMS

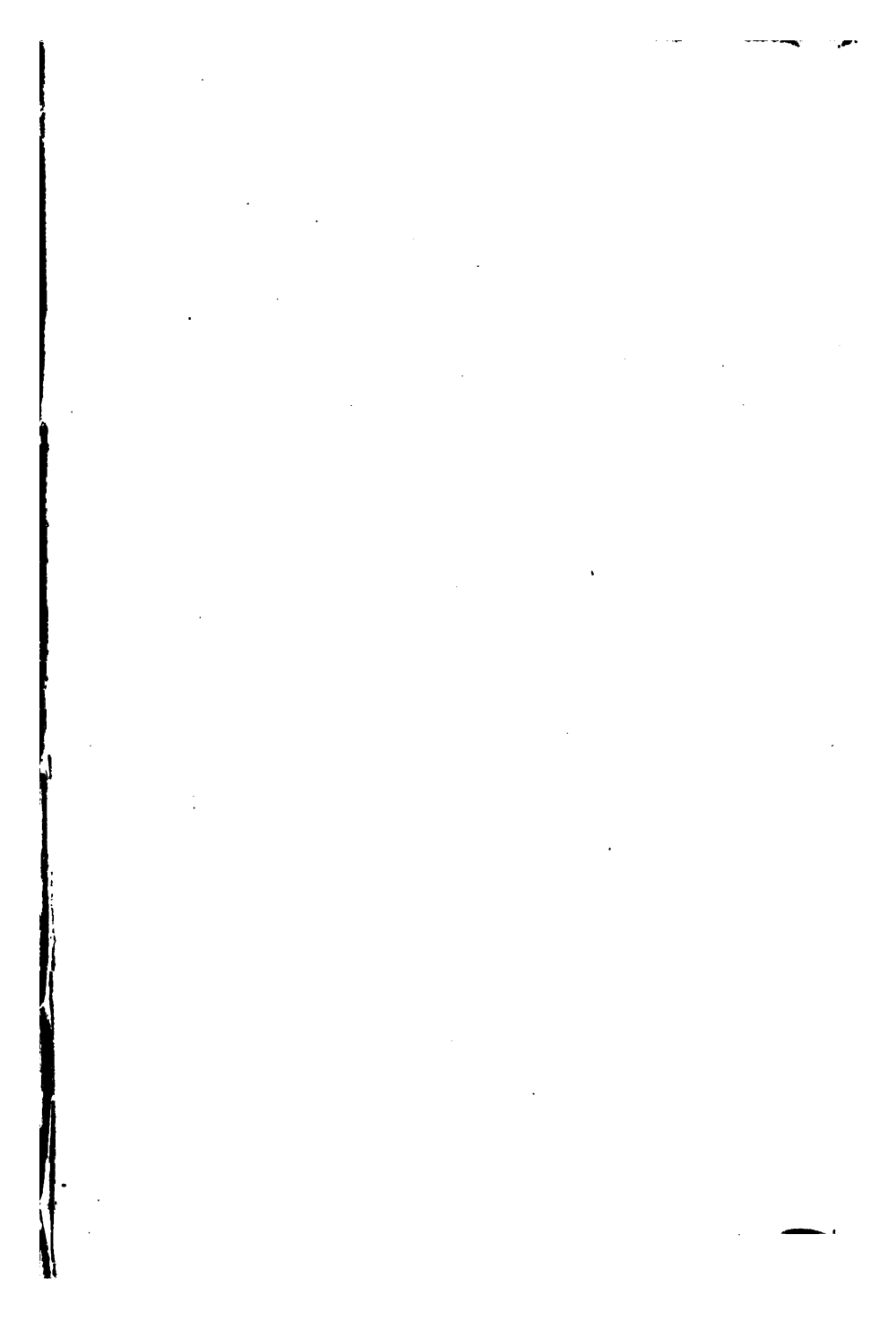
Take fondant and after molding it into somewhat larger balls, place an English walnut meat on either side, pressing it into the cream. Lay them in a cool place.

## CREAMED WALNUTS

White of 1 egg,  
1 pound confectioners' sugar,  
 $\frac{1}{2}$  tablespoonful cold water,  
 $\frac{3}{4}$  teaspoonful vanilla,  
English walnuts.

Put egg, water, and vanilla in bowl, and beat until well blended. Add sugar gradually until stiff enough to knead; shape in balls, flatten and place halves of walnuts opposite each other on each piece.

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Beef Ragout page 71. fine!  
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use onion salt in -  
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